

# Butter 'n Love Recipes



CROSSNORE PRESBYTERIAN CHURCH  
Crossnore, North Carolina

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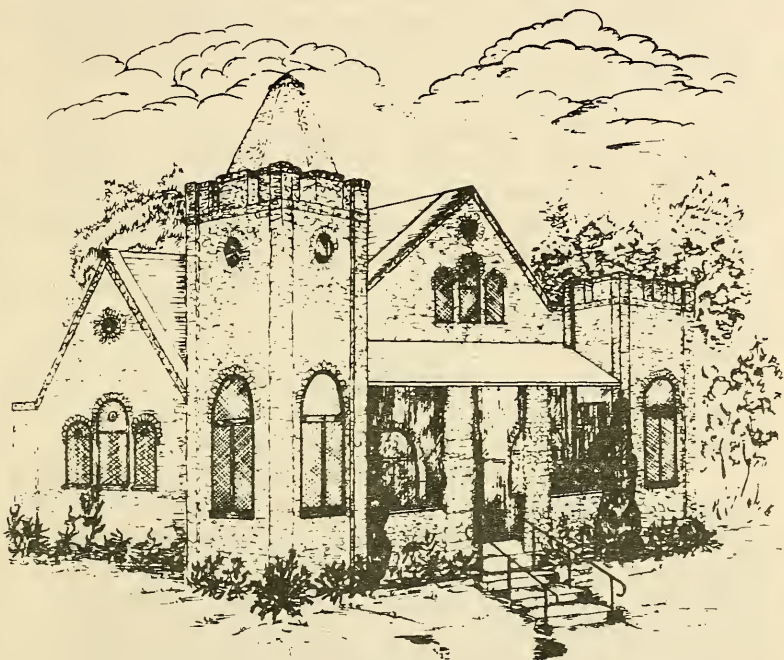
Mrs. Forbes

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# Dedication



*Crossnore Presbyterian Church*

*Crossnore, North Carolina*

We dedicate this book to the members and friends of Crossnore Presbyterian Church and in loving memory of Lena Dellinger, Althea Ledoux and Anice Pemberton.

Our thanks to all those who generously contributed their favorite recipes. Some are new, and many are old ones, but they all reflect the love of good cooking.

We hope you will enjoy the many outstanding recipes on the following pages.

1981-1982

GIFT, MRS. FORBES

## CHURCH HISTORY

Crossnore Presbyterian Church had its beginnings as a group of people who met in the home of Mr. Potter Brown. Visiting ministers from the Home Mission Field often led the worship service, or when none was available, Dr. E. H. Sloop took over.

Later, a small chapel was built, about 1916, on land donated by Mr. Brown. This chapel still stands as a part of the house in which Mrs. Carrie P. Herndon once lived and is now owned by Dr. W. M. Sloop.

At the request of the Congregation, a Commission of Holston Presbytery came to formally organize the church on May 18, 1918. There were 13 charter members, and Dr. E. H. Sloop was chosen as the first Elder and A. F. McKinney was the first Deacon.

In 1923 work was begun on the present church building on land donated by Dr. E. H. Sloop. All the stone was hauled to the site by team and wagon or ox cart from the Linville River. The architect for the building was Leonard White, and Uncle Will Franklin was in charge of the construction. He and Labe Teems laid the rock, and some of the Franklin sons and other young men of the community worked with them.

The first worship service in the new church was on August 8, 1926.

Rev. C. M. Franklin was called as the first pastor of the church in March, 1919. Since that time 8 ministers have served the church as stated supplies or installed pastors.

Crossnore Presbyterian Church has been the first Church home for many of the children who attended Crossnore School. They joined the church while here in school and later moved elsewhere. Nearly 600 of their names have appeared on the roll.



## SERENITY PRAYER

"God grant me the Serenity to Accept  
The things I cannot change  
The Courage to change the things I can  
And the Wisdom to know the difference."

## MORAVIAN BLESSING

Come Lord Jesus our guest to be  
And bless these gifts  
Bestowed by thee.

## BLESSINGS

God bless not only food and drink,  
But what we do and what we think,  
And grant for all our work and play,  
That we may love thee more each day.

Come, Lord Jesus, be our guest,  
And let these gifts to us be blessed,  
May our souls by Thee be fed,  
Ever on the Living Bread.

## JOHNNY APPLESEED GRACE

"Oh the Lord's been good to me  
And so I thank the Lord  
For giving me the things I need  
The sun, the rain, and the appleseed."

## HELPFUL HINTS

Pies - Brush the bottom crust of fruit pies with egg white before adding fruit and bottom will not be soggy.

Vegetables - If parsley is washed under hot water, it will retain its flavor longer and be easier to chop.

Seafood - Soak canned shrimp in ice water for 1 hour before using to improve flavor.

Fruits - Dip lemons, oranges and grapefruit in hot water before squeezing to increase amount of juice.

When peeling any citrus fruit, drop into boiling water. Remove from heat and allow to stand for 3 minutes. Remove peel and white membrane will come off with the rind making it prettier for salads and desserts.

Miscellaneous - To prevent burning tops of pies and cakes or other, lay a piece of foil lightly on top for remainder of cooking time.

To remove nut meats easily and whole, pour boiling water over nuts; let stand until cool. Crack and remove nut.

Appetizers, Relishes  
& Pickles



# Appetizers

Appetizers are those little treats that can be served either at the start of a meal or at a reception or open house. Listed below are quick appetizers that can be served anytime with crackers, thin sliced toasted bread or potato chips:

1. Caviar flavored with onion juice.
2. Cream cheese with chopped chutney and dash of curry powder.
3. Lobster tail moistened with lemon juice.
4. Almonds or pecans roasted and chopped, then mixed with anchovy paste.
5. Cream cheese with chopped pickle.
6. Chicken livers minced and moistened with mayonnaise.
7. Cheese squares with olive attached by toothpick.
8. Liverwurst with pistachio nuts.
9. Sardines with caviar paste.
10. Minced eggs with anchovies.
11. Cream cheese and horseradish.
12. Cream cheese and anchovy paste with grated onion.
13. Herring squares mashed in its own juice with dash of vinegar and Tabasco sauce.
14. Peanut butter and bacon toasted on dark bread.
15. Deviled ham with chopped onions and Spanish olives.
16. Stilton cheese moistened with Port wine.
17. Shrimp flavored with French dressing.
18. Caviar mixed with cream cheese with dash of Worcestershire sauce.
19. Peanuts roasted, crushed and mixed with anchovy paste.
20. Sardines slices topped with chopped olives.
21. Pimento cheese mixed with a dash of horseradish.
22. Minced shrimp with onion juice.
23. Cream cheese with dash of Worcestershire sauce and chives.



BEEF STICK

5 lb. lean hamburger	4 Tbsp. Morton's Tender
2 1/2 tsp. liquid smoke	Quick salt
1 tsp. ground pepper	2 1/2 tsp. mustard seed
1 tsp. peppercorns	2 tsp. basil, crushed
1/2 tsp. seasoned	pinch oregano
pepper	1 tsp. parsley, crushed
1 tsp. garlic powder or	2 tsp. liquid garlic

Knead all ingredients together for 5 minutes. Cover with plastic (not foil) and refrigerate in bowl for 24 hours. Remove and form into 6 rolls. Place on broiler rack and drip pan and bake for 6 hours in a 200° oven. Cool and wrap well in heavy foil for freezing. Serve cold, sliced thin.

Will keep in refrigerator for 2 weeks or longer. Freezes well.

Claire Wollenhaupt

CHEESE BALL

1 large pkg. cream	1 container Cracker Barrel
cheese	sharp cheese (red plastic
garlic salt to taste	container)
	chopped nuts

Let cheeses soften and mix with mixer. Add garlic salt to taste. Chill. Roll in chopped nuts.

Maureen Herman

CHEESE BISCUITS

2 c. Rice Krispies	2 c. grated cheese (Cheddar
2 sticks margarine,	is best)
softened	1/2 tsp. Tabasco sauce
2 c. plain flour	

Mix all of the above ingredients together (hands work well for mixing). Either roll in 1-inch balls and flatten on cookie sheet or roll out with rolling pin and

(Continued on Page 2)

## CHEESE BISCUITS (Continued)

cut with small biscuit cutter. Bake in 400° oven for 10 minutes. Makes approximately 6 dozen 1-inch biscuits.

Pauline Coffey

## CHEESE RINGS

1/2 lb. margarine	1/2 tsp. cayenne pepper
1/2 lb. Old English cheese (or any sharp cheese)	2 1/2 c. flour
1/2 tsp. salt	1 c. chopped nuts (walnuts or pecans)

Mix and make into rolls. Wrap in waxed paper and refrigerate until ready to use. Slice about 1/4 inch wide. Place on a baking sheet and bake 10 to 15 minutes at 350°.

Delicious with hors d'oeuvres or beverages.

Caroline W. Lovejoy

## CRABMEAT CANAPE

2 lb. king crabmeat	1 c. mayonnaise
2 large cucumbers	1/2 c. grapefruit juice
1/2 c. finely chopped green onion	6 Tbsp. lemon juice
	1/2 c. chopped parsley

Shred crabmeat and remove any membranes. Peel and seed cucumbers; chop very fine or puree in blender. Retain all juice. Mix all ingredients except parsley in large bowl, including all juices, and marinate for at least 2 hours in refrigerator (overnight is better). Strain mixture and reserve juice. Pile mixture in serving bowl, garnish with parsley and surround with small rounds of Melba toast.

Lucille Williams

## DILL WEED DIP

1 (3 oz.) pkg. cream cheese, softened	1 tsp. instant onion flakes
2/3 c. sour cream	1 tsp. seasoned salt
2/3 c. mayonnaise	1/2 tsp. (scant) dill weed
	1 tsp. dried parsley

## DILL WEED DIP (Continued)

Blend cream cheese with sour cream and mayonnaise. Stir in onion, salt, dill weed and parsley. Chill. Makes 1 1/2 cups.

We like this mixture with Bugles.

Mrs. Robert Bailie

## HOT CHEESE SQUARES

- |                                                                                        |                                                                                            |
|----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| 1 loaf white bread,<br>unsliced (or bake<br>frozen loaf per pack-<br>age instructions) | 1 (3 oz.) pkg. cream cheese<br>1/4 c. shredded sharp<br>yellow cheese (such as<br>Cheddar) |
| 1/2 c. butter or mar-<br>garine                                                        | 2 egg whites                                                                               |

Trim crust and cut in 1-inch slices. Then cut each slice in quarters. Melt butter and blend in cheeses. Beat egg whites until stiff. Fold into cooled cheese mixture. Spread bread cubes on all sides. Refrigerate at least overnight. If preferred, squares may be frozen at this point. Bake at 400° for about 10 to 15 minutes until nicely browned.

Note: Bread does not have to be cut in squares. It can be pulled in pieces which will look like puffs when baked.

Virginia Perkins

## HOT CHIPPED BEEF DIP OR SPREAD

- |                                                   |                                             |
|---------------------------------------------------|---------------------------------------------|
| 1 large pkg. (8 oz.)<br>cream cheese,<br>softened | 2 Tbsp. minced green<br>pepper              |
| 1/2 c. sour cream                                 | 2 Tbsp. milk                                |
| 1/2 tsp. pepper                                   | 1 (3 oz.) pkg. chipped beef<br>or small jar |
| 2 Tbsp. minced onion                              | 1/2 c. walnuts or pecans                    |

Chop beef fine. Blend in other ingredients except nuts. Place in ovenproof dish and sprinkle nuts on top. Bake at 350° for 15 minutes. Serve with potato chips, corn chips or crackers.

Good cold as a sandwich filling or for party open-face sandwiches.

Charlotte Pickett

## HOT DIP FOR RAW VEGETABLES

1 can cream of mushroom soup	1/8 c. prepared mustard
1/2 c. sour cream	1/4 tsp. Worcestershire sauce
1/2 lb. Cheddar cheese, shredded or cubed	

Heat soup (undiluted) and then add other ingredients. Stir until cheese is melted. Serve warm.

Emily T. Speer

## HOT PECAN DIP

1/2 c. chopped pecans	1 (2 oz.) jar chipped beef, torn up fine
2 Tbsp. butter or margarine	1/4 c. chopped green pepper
1 (8 oz.) pkg. cream cheese	1 small onion, grated
2 Tbsp. milk	1/2 tsp. garlic salt
	1 Tbsp. horseradish
	1 c. sour cream

Mix butter, cream cheese and milk with a fork. Mix all together. Put in Pyrex dish and let stand in refrigerator at least 6 hours. Before serving, bake at 350° until bubbly, about 30 minutes. Serve in chafing dish and on unsalted Melba rounds.

Millie Merchant

## ICEBOX CHEESE WAFERS (Or Straws)

1/2 lb. grated sharp cheese	1 1/2 c. sifted all-purpose flour
1/4 lb. (1 stick) butter or oleo	1/2 tsp. salt
	heavy pinch cayenne pepper

Make into roll (1 inch in diameter). Roll in waxed paper and refrigerate. Will keep a month. When ready to serve, slice into thin wafers and bake in moderate oven until slightly brown. Makes 6 to 8 dozen.

From old Charleston, South Carolina recipe.

Georgia Gilmer



## LULA PASTE

- |                 |                                   |
|-----------------|-----------------------------------|
| 3 egg yolks     | 8 oz. cream cheese, softened      |
| 3 Tbsp. sugar   | 1 small onion, diced              |
| 3 Tbsp. vinegar | 1/2 medium green pepper,<br>diced |
| lump butter     | 1 small jar pimientos, diced      |
| 1/4 tsp. salt   |                                   |

Cream yolks and sugar. Add vinegar, butter and salt. Cook over low heat, stirring until thick. Add cream cheese. Beat smooth. Mix with last 3 ingredients. Dip with crackers or fresh vegetables.

Mariana Woodside

## PARTY CHEESE BALL

- |                                                             |                                                                            |
|-------------------------------------------------------------|----------------------------------------------------------------------------|
| 1 wedge Blue cheese                                         | 1 Tbsp. chopped green<br>pepper                                            |
| 2 (8 oz.) pkg. cream<br>cheese                              | 1 finely chopped onion                                                     |
| 1 (8 oz.) wedge<br>Cracker Barrel sharp<br>cheese, shredded | 1 tsp. lemon juice                                                         |
| 1 Tbsp. pimiento                                            | 2 tsp. Worcestershire sauce<br>dash cayenne pepper<br>dash pepper and salt |

Mix well. Chill. Shape into balls and roll in finely chopped parsley or pecan meal. Makes 2 large balls.

Millie Merchant

## PARTY MEAT BALLS

- |                       |                   |
|-----------------------|-------------------|
| 2 lb. ground beef     | 1 c. bread crumbs |
| 1/4 c. dried parsley  | 2 eggs            |
| 1/2 tsp. garlic salt  | 1/4 tsp. pepper   |
| 1/2 c. catsup         | 2 Tbsp. soy sauce |
| 1 Tbsp. instant onion |                   |

Sauce:

- |                                  |                     |
|----------------------------------|---------------------|
| 1 can cranberry sauce            | 2 Tbsp. brown sugar |
| 1 (12 oz.) bottle chili<br>sauce | 1 Tbsp. lemon juice |

(Continued on Page 6)

## PARTY MEAT BALLS (Continued)

Mix all together. Roll into 1/2-inch balls (50). Bake in 350° oven for 30 minutes. Make sauce.

Sauce: Mix these ingredients well. Put Meat Balls and sauce in chafing dish or crock-pot and simmer for at least a half hour.

Emily Hedrick

## PARTY RYE SPREAD WARM-UPS

- |                                                    |                                           |
|----------------------------------------------------|-------------------------------------------|
| 1 c. grated Cheddar<br>cheese (sharp or<br>medium) | 1 Tbsp. chopped olives<br>(green or ripe) |
| 1 c. chopped green<br>onions with tops             | 1 c. mayonnaise                           |
|                                                    | 1 loaf small party rye bread              |

Combine ingredients and mix well. Store in refrigerator several hours or until ready to serve. Spread on rye bread rounds and bake in 350° oven 15 minutes. Serve warm.

Claire Wollenhaupt

## PATTIE-CAKES

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 1 (14 oz.) can salmon<br>or tuna | 1 heaping tsp. baking pow-<br>der |
| 1/2 c. sifted flour              | 1 egg                             |
|                                  | dash pepper                       |

Drain the salmon or tuna liquid into a measuring cup. Put fish into bowl, flake it and add egg. Mix well with fork. Add flour; mix again (it will be thick). Add pepper. In 1/4 cup of the liquid, add baking powder. Beat with a fork until it foams up. Pour into fish mixture and mix well. It will now be thin, but that's the secret.

Using 2 teaspoons, scoop it out with 1 spoon and push it off with the other into deep fryer half full of hot oil. They will be done quickly, so watch carefully. Serve at once.

Taste can be varied by adding grated onion or garlic. They are also great served with a dip at parties.

You can also pour cream sauce over them or barbecue sauce, chili sauce or catsup for a little zing.

Irene Gremer

## SAUSAGE BALLS

- |                   |                     |
|-------------------|---------------------|
| 1 lb. hot sausage | 1 stick Coon cheese |
| 3 c. Bisquick     |                     |

Grate cheese on fine grater and mix lightly with the Bisquick mix. Then mix in sausage thoroughly. Spoon out and roll in hand into bite-size bits; place on cookie sheet. Bake at 325° until lightly brown. Eat when hot. After cooled or frozen, heat in aluminum foil.

Variation: Georgia Gilmer uses 10 ounces sharp cheese (grated) and 2 cups Bisquick and bakes balls 12 to 15 minutes at 350°. Makes 3 to 4 dozen. (She suggests frying sausage and draining.)

Cora J. Johnson

## SAUSAGE PINWHEELS

- |                                                     |                             |
|-----------------------------------------------------|-----------------------------|
| 1 pkg. cheese biscuit mix or equivalent of your mix | 1 c. grated cheese          |
|                                                     | 1 lb. sausage (hot or mild) |

Fry sausage (not too brown) to remove fat; drain and crumble. Mix biscuit mix; roll about 1/4 inch in thickness. Spread with sausage and grated cheese. Roll up (like jellyroll) and slice about 1/2 inch thick. Place on baking sheet and bake at 425° for 15 minutes or until brown.

May be refrigerated and reheated. Good for hors d'oeuvres or for brunch.

Sammie Lou Anderson

## SPINACH BALLS

- |                                 |                               |
|---------------------------------|-------------------------------|
| 2 pkg. frozen chopped spinach   | 1 large onion, finely chopped |
| 3 c. herb-seasoned stuffing mix | 6 eggs, well beaten           |

(Continued on Page 8)

## SPINACH BALLS (Continued)

3/4 c. (1 1/2 sticks)	1 tsp. pepper
melted butter	1 1/2 tsp. garlic salt
1/2 c. grated Parmesan	(optional)
cheese	1/2 tsp. thyme

Cook spinach by package directions; drain well and squeeze to remove excess moisture. Combine spinach and remaining ingredients, mixing well. Shape spinach mixture into balls and place on lightly greased baking sheet. Bake at 325° for 15 to 20 minutes.

Jean Barrier

## SPINACH SPREAD

1 pkg. frozen spinach,	1 Tbsp. parsley
drained thoroughly	1 Tbsp. Salad Supreme
and patted dry	(Blue cheese)
1/4 c. chopped onion	1 tsp. dill weed
	3/4 c. mayonnaise

Mix all ingredients and blend well.

Emily Hedrick

## VEGETABLE CHEESE BALL

2 (8 oz.) pkg. cream	1 c. chopped pecans
cheese	1/4 c. green pepper,
1 (8 1/2 oz.) can	chopped
crushed pineapple,	2 Tbsp. chopped onion
well drained	1 Tbsp. seasoned salt

Cream cheese with well-drained pineapple. Add chopped pecans, pepper, onion and seasoned salt. Chill long enough to handle and then form into ball or log. If desired, you may roll in nuts before serving.

Keeps for days.

Betty Broadway

## HOT FRUIT COMPOTE

1/2 c. prunes	1/2 c. pineapple
1/2 c. pears	1 1/2 c. applesauce
1/2 c. peaches	1 tsp. cinnamon



## HOT FRUIT COMPOTE (Continued)

1/2 tsp. ginger                      juice and rind of 1/2 lemon  
1/2 tsp. nutmeg

Combine fruits with applesauce and arrange in casserole. Then add cinnamon, ginger and nutmeg. Add lemon juice and rind. Mix fruits and place in 250° oven for at least 1 hour before serving. Serve hot.

Other fruits, fresh or canned, can be substituted. Delicious condiment with all meat and fowl.

Caroline W. Lovejoy

### KIDNEY BEAN RELISH

1 small onion	3 stalks celery
1 or 2 hard-boiled eggs	1 Tbsp. mayonnaise
2 c. kidney beans, drained	2 tsp. dill relish
1/4 tsp. white pepper	1 tsp. curry powder
	1/2 tsp. salt

Chop onion, celery and egg together. Then add beans and mix in mayonnaise, relish and other seasonings. Serve cool and keep under refrigeration. Makes 6 portions.

Caroline W. Lovejoy

## EASY SWEET PICKLES

1/2 gal. whole dills,                      2 c. sugar  
drained                                              2-3 Tbsp. vinegar  
2 Tbsp. mixed pickling spice

Slice dill pickles and place in jar with other ingredients mixed together. Refrigerate. Turn and shake every day or so for 2 weeks (or put in bowl and stir every day).

Lucille Williams

# GRACE PUGH'S PICKLES DILL PICKLES

(Original Recipe)

(This recipe is for quarts; use one-half for pints.) Makes about 5 quarts.

(Continued on Page 10)

GRACE PUGH'S PICKLES DILL PICKLES  
(Continued)

Pick cucumbers and wash clean when picked.  
Small whole ones are best.

Pour boiling water over cucumbers in an enamel-lined vessel and leave 15 minutes. Drain. In the meantime, sterilize cans in canner.

In the bottom of each quart can, put:

1 clove garlic                      fresh dill weed

Cut a very small slice from ends of each cucumber. Pack cucumbers in hot cans, putting more dill at half full. Leave at least 1/2-inch headspace or more to help sealing. Then on top of each filled can put:

1/4 tsp. turmeric	1/4 tsp. crushed red pepper
2 scant tsp. pickling salt	(or use a small pod in center of can)

While packing, bring to boil:

4 c. vinegar                      3 c. water

Pour this over cucumbers in cans; seal and process in hot water bath 5 to 8 minutes at low boil (not a rolling boil). Remove from canner and place on a folded towel and cool. (Any leftover solution will keep indefinitely for later use.)

Grace Pugh

DELICIOUS REFRIGERATOR PICKLES

2 c. vinegar	3/4 c. sugar
2 c. water	2 Tbsp. salt

Bring to a boil vinegar, water, sugar and salt.  
In the bottom of each glass jar place:

1 cut-up clove garlic              1 medium onion, sliced

## DELICIOUS REFRIGERATOR PICKLES (Continued)

Peel cucumbers thinly; cut in thick slices. Pack in jars on top of garlic and onion. These amounts are for quart jars. On top of each, place following:

scant 1/4 tsp. turmeric	scant 1/4 tsp. crushed hot red pepper
-------------------------	---------------------------------------

Then cover with hot vinegar solution.

Refrigerate for 3 days before using. Makes about 2 1/2 quarts.

As the pickles are used, you can pour off part of the solution and add fresh solution and more cucumber slices.

Grace Pugh

## KOSHER DILL PICKLES

3 doz. cucumbers (3-4 inches in size)	1/3 c. pickling salt (scant)
3 1/2 c. vinegar	grape leaves
4 c. water plus 3/4 c.	garlic cloves
1/2 c. sugar	small red peppers
	sprigs of dill

Wash and split cucumbers in halves. Combine vinegar, water, sugar, salt and any desired spices. Simmer 15 minutes. Place a grape leaf in the bottom of each quart jar. Pack pickles, adding 1 garlic clove, 1 red pepper and sprig of dill in each jar. Pour boiling solution over pickles. Seal. Process 8 to 10 minutes in water bath at low boil. Makes 3 quarts or 9 pints.

Grace Pugh

## THREE-DAY PICKLES

Soak 8 pounds cucumber slices in 2 cups pickling lime and 2 gallons of water for 24 hours. Wash until water is clear; then put in a sink of cold, clear water and let stand for 3 hours.

Remove and mix:

2 qt. vinegar	1 tsp. celery seed
5 lb. sugar	1 tsp. pickling spice
1 Tbsp. salt	(Continued on Page 12)

### THREE-DAY PICKLES (Continued)

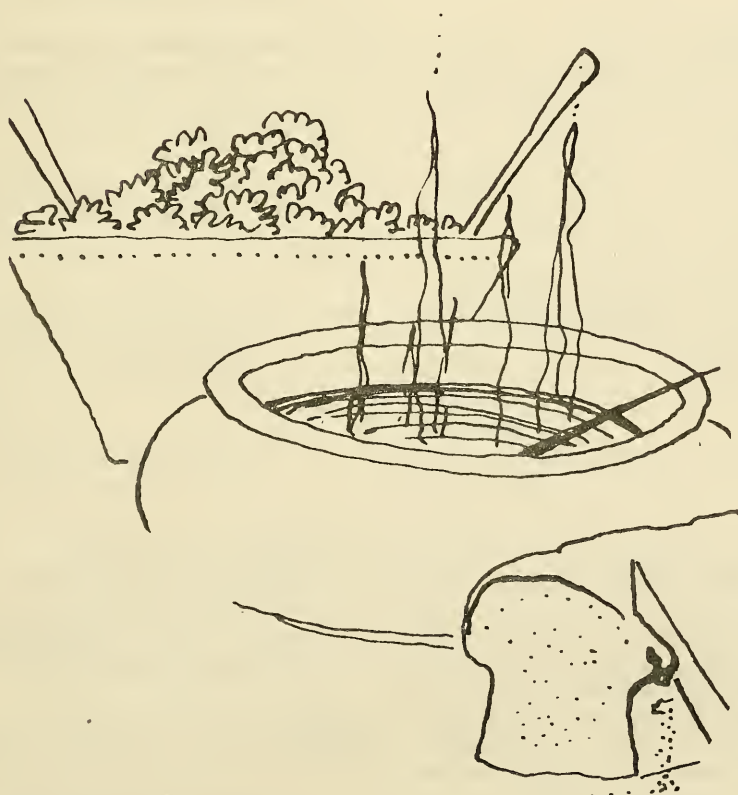
Pour mixture over cucumbers and let stand overnight (covered). Bring to a boil and boil 35 minutes. Fill jars and cover with hot liquid (as in regular canning) and seal. Makes very crisp pickles after refrigeration.

Anne Stanley

\*\* EXTRA RECIPES \*\*



Soups, Salads  
Sauces



# Salads

## Additions and Garnishes

Slice hard-cooked eggs  
Radishes  
Chopped green or ripe olives  
Nut meats  
Pimento  
Green pepper  
Sardines  
Anchovies  
Slivered cheeses  
Julienned ham  
Chicken  
Grated carrots  
Cubed celery  
Onions - pickled, grated or pearl onions  
Tomatoes, sliced and dipped in finely  
chopped parsley or chives  
Capers  
Dwarf tomatoes stuffed with cottage  
cheese  
Fresh herbs - sprigs or chopped  
Mint leaves  
Cooked beets, cut into shapes or sticks  
Lemon slices with pinked edges and  
dipped in chopped parsley  
Raw cauliflower

## Tips for Tossed Salads

Always handle salad greens with care.

Wash well, drain and dry greens before  
storing chill well before using.

To core lettuce, smack head stem end  
down on counter top. Then twist the core  
out.

It is better to tear greens into bite-sized  
pieces to avoid bruising with knife.

Don't cut up tomatoes for a tossed salad  
since their juices thin the dressing and  
wilt the greens. Using them only for  
garnishing the salad bowl.

Select only firm, hard, green cucumbers.  
The skin should have a slight sheen, but  
if it is highly polished, it is probably  
waxed and should be removed.

Use wild greens such as dandelion, sorrel  
or winter cress for a different flavor and  
texture in tossed salads.

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## About Potato Salad-

Potato salad is best made from potatoes  
cooked in their jackets and peeled and  
marinated while still warm. Small red  
waxy potatoes hold their shape when  
sliced or diced and do not absorb an  
excessive amount of dressing or become  
mushy.

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## Soup Accompaniments-

Clear Soups - crisp crackers, cheese  
pastry, cheese-spread toast strips.

Cream Soups - cheese popcorn, seeded  
crackers, pretzels, pickles and olives.

Chowders and Meat Soups - Melba toast,  
sour pickles, oyster crackers, bread  
sticks, relishes, toasted garlic bread.

### GAZPACHO

1 c. chopped peeled tomatoes	1 tsp. chopped chives
1/2 c. finely chopped green pepper	1 small clove garlic, minced
1/2 c. finely chopped celery	2-3 Tbsp. wine vinegar
1/2 c. finely chopped cucumber	2 Tbsp. olive oil
1/4 c. finely chopped onion	1 tsp. salt
2 tsp. chopped parsley	1/4 tsp. pepper
	1/2 tsp. Worcestershire sauce
	2 c. tomato juice or 4 tomatoes peeled

This may be mixed in the food processor and all vegetables chopped with steel blade. Chill several hours. Serves 8 to 10.

Low in calories and good in summer as a first course.

Virginia Sawrie

### GOOD AND EASY CLAM CHOWDER

1 (8 oz.) can minced clams, undrained	1 c. skimmed milk
1 can cream of potato soup	1 Tbsp. minced parsley flakes
1 Tbsp. dehydrated minced onion	dash pepper
	1/2 c. sour cream

Blend all ingredients except sour cream. Heat just to point of boiling (too much heat toughens clams). Remove pot from stove and stir in the sour cream. Serves 4.

Mrs. Charles Albright

### LENTIL SOUP

2 qt. chicken broth	3/4 c. sliced celery
1 c. dry lentils	1 tsp. beef bouillon
1 c. sliced carrots	1/2 tsp. salt
1 c. chopped onions (large pieces)	dash pepper

(Continued on Page 14)

## LENTIL SOUP (Continued)

1/4 tsp. garlic  
1 Tbsp. sugar

1 Tbsp. Worcestershire  
sauce

Make 2 quarts of chicken broth (I boil one chicken back). Add dry lentils to broth; cook until partially done (approximately 15 minutes). Stir in bouillon. Add vegetables. Add seasonings in amounts listed or to taste. Cook until vegetables are done but firm. Serve with cheese toast.

Robin Johnson

## LIMA-TOMATO SOUP

3 slices Canadian  
bacon, cut up  
1 small onion, minced  
2 (1 lb.) cans baby  
Limas, undrained  
1 Tbsp. brown sugar

2 (10 1/2 oz.) cans tomato  
soup (do not dilute)  
2-3 Tbsp. chopped fresh  
parsley  
dash garlic salt  
dash pepper  
sour cream for garnish

Simmer onion in a little water. Add remaining ingredients except sour cream. Heat and simmer a few minutes. Makes 1 1/2 quarts.

Serve with a heaping tablespoon of sour cream on top, if desired.

Mrs. Charles Albright

## SENATE BEAN SOUP

2 c. navy or northern  
beans (or mix 4 or 5  
kinds beans)  
1 ham hock with liberal  
amount of meat on it  
3 qt. water  
1/2 c. mashed potatoes (or use instant potatoes)

3 medium onions, chopped  
1/4 c. finely chopped pars-  
ley  
1 bunch celery, chopped  
(tops and all)  
salt and pepper to taste

In 3-quart container, soak beans overnight with ham bone. Drain and rinse well. Then simmer in 3 quarts water for 2 hours. After the first hour, add potatoes and stir well. Add onions, celery, parsley,

## SENATE BEAN SOUP (Continued)

salt and pepper. Take ham bone out, remove meat, chop it up and return meat to soup. Reheat to serve. Serves 8.

Jack Boatner

## TEAROOM VEGETABLE SOUP

- |                                   |                              |
|-----------------------------------|------------------------------|
| 1 medium onion, diced             | 2 (1 lb.) cans tomatoes      |
| 2 carrots, peeled and sliced thin | 1 tomato can water           |
| 1 rib celery, sliced thin         | 4 beef bouillon cubes        |
| 1 c. fresh green beans (or 1 can) | 1/2 can (6 oz.) tomato puree |
|                                   | salt and pepper to taste     |

Combine all ingredients. Bring to a boil. Reduce heat and simmer until all vegetables are done. Makes 6 bowls or more.

Myra Gilbert

## BLUEBERRY SALAD

- |                                      |                             |
|--------------------------------------|-----------------------------|
| 1 c. coffee creamer (such as Riches) | 1 tsp. vanilla              |
| 2/3 c. sugar                         | 1 pt. sour cream            |
| 1 envelope unflavored gelatin        | 1 pkg. strawberry jello     |
| 1/4 c. cold water                    | 1 c. boiling water          |
|                                      | 1 can blueberries and juice |

Heat to very hot the coffee creamer and sugar. Remove from heat and cool. Dissolve gelatin in cold water. Add vanilla to sour cream. Blend well coffee creamer and sugar, gelatin and sour cream mixture. Pour into 11 x 7 x 3/4-inch pan. Chill set about 1 hour and 15 minutes.

Dissolve jello in boiling water. Add fruit and juice. Cool. Then pour over cream mixture. Chill at least 4 hours.

Carole Stephan



## CHERRY SALAD SUPREME

- |                                   |                                            |
|-----------------------------------|--------------------------------------------|
| 1 (3 oz.) pkg. raspberry gelatin  | 1 c. mayonnaise                            |
| 1 (21 oz.) can cherry pie filling | 1 (8 3/4 oz.) can (1 c.) crushed pineapple |
| 1 (3 oz.) pkg. lemon gelatin      | 1/2 c. whipping cream                      |
| 1 (3 oz.) pkg. cream cheese       | 1 c. tiny colored marshmallows             |
|                                   | chopped nuts if desired                    |

Dissolve raspberry gelatin in 1 cup boiling water. Stir in pie filling. Turn into 9 x 9 x 2-inch baking dish. Chill until partially set.

Dissolve lemon gelatin in 1 cup boiling water. Beat together cream cheese and mayonnaise. Gradually add lemon gelatin. Stir in undrained pineapple. Whip the whipping cream and fold into lemon mixture with tiny colored marshmallows. Spread atop cherry layer. Top with chopped nuts if desired. Chill until set.

Helen Ort

## CHRISTMAS SALAD

- |                                               |                                               |
|-----------------------------------------------|-----------------------------------------------|
| 1 large box red raspberry jello               | 1 medium can whole cranberries (do not drain) |
| 1 1/4 c. boiling water                        | 1/4 c. cooking wine (optional)                |
| 1 medium can crushed pineapple (do not drain) | 1 c. chopped nuts (optional)                  |

Topping:

- |                                          |                             |
|------------------------------------------|-----------------------------|
| 1 (8 oz.) pkg. Philadelphia cream cheese | 1 (8 oz.) carton sour cream |
|------------------------------------------|-----------------------------|

Mix all ingredients together and chill until set. After mixture sets, put on the topping.

Topping: Mix together and spread on top in a 9 x 9-inch pan.

Sarah Gray

## CONGEALED CHICKEN LOAF OR SALAD SQUARES

- |                                                  |                                           |
|--------------------------------------------------|-------------------------------------------|
| 1 c. cold water                                  | 1 or 2 small cans green                   |
| 4 Tbsp. unflavored gelatin                       | peas (optional)                           |
| 3 c. hot chicken stock                           | 2 c. chopped celery                       |
| salt to taste                                    | 1 large can pimiento, drained and chopped |
| 4 hard-boiled eggs                               | 2 tsp. grated onion (optional)            |
| 4 c. diced chicken (5 lb. chicken cooked tender) | 4 Tbsp. lemon juice                       |
|                                                  | 1 c. mayonnaise                           |

Soak gelatin in cold water and add to hot chicken stock. Stir and let cool. Salt to taste. Add the remaining ingredients except mayonnaise. Add mayonnaise when mixture is beginning to set. Put all this in loaf pan to slice or flat dish to cut in squares.

Ruth Shinn

## DELICIOUS SALAD

- |                                          |                                        |
|------------------------------------------|----------------------------------------|
| 1 large box orange jello                 | 1 large can crushed pineapple, drained |
| 1 large carton small-curd cottage cheese | 1 large carton Cool Whip               |

In mixing bowl, put in cottage cheese; add orange jello and mix well. Add crushed pineapple (no juice). Mix well and add Cool Whip. Mix well. Refrigerate 2 or more hours.

Will keep 2 weeks in refrigerator.

Irene Gremer

## EASY TOMATO ASPIC

- |                            |                                   |
|----------------------------|-----------------------------------|
| 1 c. water, boiling        | 1 (8 oz.) can Hunt's tomato sauce |
| 1 (3 oz.) pkg. lemon jello | dash Tabasco sauce                |

Heat water and dissolve jello with hot water. Let sit to completely dissolve jello. Add tomato sauce and one dash Tabasco sauce. Pour into individual Pyrex serving dishes and refrigerate until completely set. Unmold by putting bottom of individual dishes in warm water and counting 3.

Cynthia Thompson

## FOUR-BEAN SALAD

- |                                |                                |
|--------------------------------|--------------------------------|
| 1 (1 lb.) can green beans      | 1 (1 lb.) can kidney beans     |
| 1 (1 lb.) can yellow wax beans | 1 (1 lb.) can small Lima beans |

### Dressing:

- |                      |                   |
|----------------------|-------------------|
| 1/2 c. sugar         | 2 Tbsp. parsley   |
| 1/2 c. vinegar       | pinch oregano     |
| 1/2 c. salad oil     | pinch thyme seed  |
| 1 tsp. salt          | pinch celery seed |
| 1/2 tsp. dry mustard |                   |

Drain all the above beans; then add 1 medium green pepper, thinly sliced, and 1 medium onion, thinly sliced. Mix all together and add the following dressing.

Dressing: Drizzle dressing over vegetables. Marinate overnight, stirring several times.

Elizabeth Nelson

## FROZEN APPLE SALAD

- |                                 |                                  |
|---------------------------------|----------------------------------|
| 1 (8 oz.) can crushed pineapple | 3 Tbsp. lemon juice              |
| 2 beaten eggs                   | 2 c. finely diced unpared apples |
| 1/2 c. sugar                    | 1/2 c. finely diced celery       |
| dash salt                       | 1 c. heavy cream, whipped        |

Drain pineapple, reserving syrup. Add water to syrup to make 1/2 cup.

Combine eggs, sugar, salt, lemon juice and syrup mixture. Cook over low heat, stirring constantly, until thick. Chill. Fold in pineapple, apple, celery and whipped cream. Pour into 2-quart refrigerator tray. Freeze firm. Cut in squares (about 10 minutes before serving) and garnish with apple slices. Makes 10 to 12 servings.

Salad may be frozen in cupcake cups placed in muffin tins.

Mrs. James D. Burch

## KOREAN SPINACH SALAD

- |                                      |                             |
|--------------------------------------|-----------------------------|
| 1 pkg. fresh spinach                 | 8 slices bacon, fried crisp |
| 1 (16 oz.) can bean sprouts, drained | and crumbled                |
|                                      | 3 hard-cooked eggs, diced   |

### Dressing:

- |                |                        |
|----------------|------------------------|
| 1 c. salad oil | 1 Tbsp. Worcestershire |
| 3/4 c. sugar   | sauce                  |
| 1/3 c. ketchup | 1 medium onion, grated |
| 1/4 c. vinegar | salt to taste          |

Clean and break spinach leaves (no stems) into small pieces. Toss with bean sprouts, bacon and eggs.

Dressing: Combine all dressing ingredients several hours in advance. Pour over salad and toss just before serving.

Brenda Jenkins

## LAYERED SALAD

- |                       |                             |
|-----------------------|-----------------------------|
| 1 head lettuce, torn  | 1 pkg. frozen peas (don't   |
| 1/4 c. chopped onion  | thaw, just break up)        |
| 1/4 c. chopped celery | 2 c. mayonnaise, mixed with |
| 1 (6 oz.) can sliced  | 2 Tbsp. sugar and 1         |
| water chestnuts       | Tbsp. plus lemon juice      |

Place in layers in a 9 x 12-inch dish. Spread over top mayonnaise mixture like icing. Cover with grated cheese; let stand overnight in refrigerator, covered. Before serving top with bacon and hard-boiled egg pieces.

Maureen Herman

## LEMON COTTAGE CHEESE SALAD

- |                          |                           |
|--------------------------|---------------------------|
| 1 large pkg. lemon jello | 1/2 tsp. salt             |
| or 2 small pkg.          | 2 Tbsp. chopped onion     |
| 2 c. boiling water       | green pepper may be added |
| 1 cucumber, diced        | 1 Tbsp. vinegar           |
| (leave some peel for     | 1 lb. cottage cheese      |
| color)                   | 1/2 c. salad dressing     |

(Continued on Page 20)

## LEMON COTTAGE CHEESE SALAD (Continued)

Mix jello and boiling water; cool. Add diced cucumber; add remaining ingredients.

Make day before serving.

Arlene Tesarik

## MARINATED SLAW

- |                                       |                    |
|---------------------------------------|--------------------|
| 1 large cabbage,<br>shredded          | 1 c. sugar         |
| 1 large green pepper,<br>cut in rings | 3/4 c. salad oil   |
| 1 large onion, cut in<br>thin rings   | 1 c. vinegar       |
|                                       | 1 tsp. dry mustard |
|                                       | 1 tsp. celery seed |
|                                       | 1 tsp. salt        |

Mix cabbage, green pepper and onion in large bowl. Sprinkle with sugar; do not stir. Bring to a boil the oil, vinegar, mustard, celery seed and salt; pour over cabbage. Do not stir. Refrigerate 4 hours or overnight.

Keeps for at least 10 days.

Charlotte Pickett

## NORWEGIAN SALAD

- |                        |                      |
|------------------------|----------------------|
| 1 can French-cut beans | 2 medium onions      |
| 1 can small sweet peas | 1 green pepper       |
| 1 c. finely cut celery | 1 small can tomatoes |

Marinade:

- |                |                          |
|----------------|--------------------------|
| 1 c. vinegar   | 1 tsp. paprika           |
| 1 c. salad oil | salt and pepper to taste |
| 1 1/2 c. sugar |                          |

Drain all above ingredients well.

Marinade: Mix with the drained vegetables and marinate overnight.

Elizabeth Nelson



## ORANGE-PINEAPPLE SALAD

(Or Dessert)

- |                           |                           |
|---------------------------|---------------------------|
| 1 lb. cottage cheese      | 1 small can Mandarin      |
| 1 (8 oz.) carton Cool     | oranges, drained          |
| Whip or any whipped       | 1 small can crushed pine- |
| topping                   | apple, drained            |
| 1 small pkg. orange jello |                           |

Mix cottage cheese and whipped topping together. Drain the juices from the cans of fruit and use for liquid to dissolve gelatin. Heat the juices and gelatin until it melts so it will jell. Chill until set.

Variation: One small can apricots and apricot jello may be substituted for Mandarin oranges and orange jello.

Georgia Gilmer

## PISTACHIO PUDDING SALAD

- |                     |                              |
|---------------------|------------------------------|
| 1 large can crushed | 1 box instant pistachio pud- |
| pineapple (do not   | ding                         |
| drain)              | 1 c. miniature marshmallows  |
|                     | 1 large container Cool Whip  |

Mix all together until well blended. Let stand for at least 1 hour before serving.

May be served on a lettuce leaf with a meal or as a dessert.

Helen Ort

## RAINBOW SALAD

- |                        |                             |
|------------------------|-----------------------------|
| 1 pkg. cherry jello    | 1 (8 oz.) pkg. Philadelphia |
| 1 pkg. lemon jello     | cream cheese, softened      |
| 1 pkg. lime jello      | 1/2 c. finely cut nuts      |
| 1 (20 oz.) can crushed | 1 (1 lb.) can dark sweet    |
| pineapple              | cherries                    |

Prepare lime jello as directed, adding drained pineapple (save juice). Pour into a 7 x 10-inch pan to set.

Add prepared lemon jello, using pineapple juice as part of the liquid. Cream the soft cheese into this

(Continued on Page 22)

## RAINBOW SALAD (Continued)

layer of jello and pour over the set (firm) layer of lime jello. Use nuts in this layer also.

Prepare cherry jello, using juice with water as required, and also cherries cut in thirds. Pour this over other layers which are firm.

Serve with dressing.

In loving memory of  
Althea Ledoux

## RASPBERRY JELLO SALAD

- |                                              |                                              |
|----------------------------------------------|----------------------------------------------|
| 2 pkg. frozen red raspberries                | 1 can applesauce (about 16 oz. No. 303 size) |
| 2 small pkg. or 1 large pkg. raspberry jello | 1 1/4 c. boiling water                       |
|                                              | nut meats                                    |

Dissolve jello in boiling water. Add remaining ingredients, including juice of berries.

It takes recipe and a half to fill Tupperware mold or star mold.

Lucille Williams

## RIBBON SALAD

- |                               |                                       |
|-------------------------------|---------------------------------------|
| 2 (3 oz.) pkg. lime jello     | 1 c. pineapple juice                  |
| 5 c. hot water                | 1 (8 oz.) pkg. cream cheese           |
| 4 c. cold water               | 1 (1 lb. 4 oz.) can crushed pineapple |
| 1 (3 oz.) pkg. lemon jello    | 1 c. heavy cream, whipped             |
| 1/2 c. miniature marshmallows | 1 c. mayonnaise                       |
|                               | 2 (3 oz.) pkg. cherry jello           |

Dissolve lime jello in 2 cups hot water. Add 2 cups cold water and pour into 14 x 10 x 2-inch pan. Chill until set.

Dissolve lemon jello in 1 cup hot water in top of double boiler. Add marshmallows and stir to melt. Remove from heat. Add pineapple juice and cream cheese. Beat until well blended and stir in pineapple. Cool slightly. Fold in whipped cream and mayonnaise.

## RIBBON SALAD (Continued)

Chill until thickened. Pour in layer over lime jello. Chill until set.

Dissolve cherry jello in 2 cups hot water. Add 2 cups cold water. Chill until syrupy. Pour over pineapple layer. Chill until firm. Serves 24.

Use different colors for different seasons.

Virginia Smith

## STRAWBERRY JELLO SALAD

2 pkg. strawberry jello	1 large can crushed pineapple
1 1/2 c. boiling water	2 bananas
2 small pkg. (10 oz.) frozen strawberries	1 c. sour cream

Mix jello and boiling water well. Add strawberries, pineapple with juice and bananas (mashed) to jello mixture. Put half of mixture in mold; let congeal. Then spread sour cream over mixture and pour remainder over sour cream. Chill. Serve on lettuce.

One 8-ounce package of cream cheese spread between layers along with sour cream gives added flavor.

Ruth Wise

## TOMATO SALAD

1 (16 oz.) can tomatoes	2-3 Tbsp. vinegar
1 (3 oz.) pkg. lemon jello	

Heat tomatoes (can be put in blender first) to boiling. Add to jello. Add vinegar. Cool to congeal. Cut in squares to serve.

Julia A. Hoyle

## WALNUT CHICKEN SALAD

2/3 c. chopped toasted walnuts	1/4 c. finely chopped celery
2 c. cubed, cooked chicken	2 Tbsp. chopped scallions
	2 Tbsp. chopped raisins
	2 Tbsp. chopped chutney

(Continued on Page 24)

## WALNUT CHICKEN SALAD (Continued)

1/4 c. mayonnaise  
2 tsp. lemon juice

1 small can pineapple tidbits,  
drained

Toast walnuts with 1 teaspoon butter in a Teflon pan at low heat for 3 to 4 minutes. Combine walnuts, chicken, celery and scallions. Mix raisins, chutney, mayonnaise, salt and lemon juice together. Fold in chicken mixture. Add pineapple last. Serve on leafy lettuce and sprinkle paprika on top!

Mrs. Charles Albright

## SPAGHETTI SAUCE

1 (28 oz.) can tomato  
puree  
1 onion, chopped  
1 bay leaf  
1/2 tsp. chili powder  
1/4-1/2 tsp. nutmeg

garlic powder to taste  
1/2 tsp. oregano  
1 tsp. Italian seasoning  
1 Tbsp. sugar  
red pepper to taste  
1 tsp. salt

### Meat Balls:

3/4 lb. hamburger  
1/2 c. bread crumbs

1/4 c. milk  
onion, chopped

Mix sauce with 1/2 to 3/4 of chopped onion and remainder of ingredients. Heat over low burner.

Meat Balls: Mix ingredients together with remainder of onion. Form small Meat Balls. You can add Meat Balls directly to sauce or cook them slightly first.

Cook sauce and Meat Balls together over low heat for 2 to 3 hours. Serve over spaghetti noodles. Serves 4.

Trudy Bohner

## SUNSHINE BARBECUE SAUCE

1 stick margarine  
1 (10 oz.) bottle  
Durkee's Famous  
Sauce  
1 Tbsp. sugar  
2 tsp. salt

pepper  
4 Tbsp. lemon juice or more  
1/2 c. vinegar  
4 c. water  
2 Tbsp. prepared mustard

## SUNSHINE BARBECUE SAUCE (Continued)

Melt margarine and Durkee's together. When heated and smooth, add all other ingredients in the pan.

When barbecuing chicken, sear meat on both sides over heat and then dip chicken in sauce about every 10 minutes until done.

Gloria Thompson Goss

## THE BEST HOT FUDGE SAUCE

butter (size of an egg)	1 c. sugar
2 sq. unsweetened chocolate	1 (6 oz.) can evaporated milk
pinch salt	1 tsp. vanilla

Over low heat, melt butter and chocolate in a heavy pan. Then add salt, sugar and milk. Turn heat to medium and bring all ingredients to a boil. Stir once in a while. Take off heat and add vanilla and stir.

Store in heatproof jar in refrigerator. To reheat, put jar in pan of water and simmer.

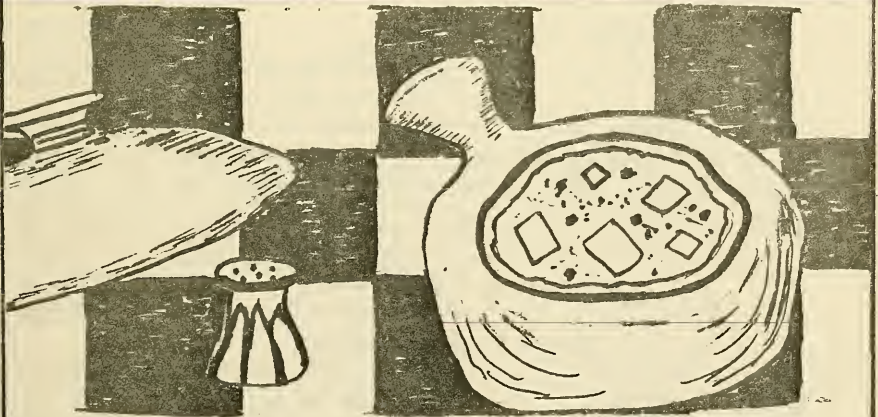
Make many recipes and just try to keep it without eating! One recipe serves 4.

Cynthia Thompson



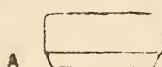
\*\* EXTRA RECIPES \*\*

**Main Dishes**  
**(Casseroles)**



# Common Kitchen Pans to Use as Casseroles

## WHEN THE RECIPE CALLS FOR:



**4-cup baking dish:**

9-inch pie plate

8 x 1 1/4-inch layer-cake pan -C

7 3/8 x 3 5/8 x 2 1/4-inch loaf pan -A

**6-cup baking dish:**

8 or 9 x 11 1/2-inch layer-cake pan -C

10-inch pie plate

8 1/2 x 35/8 x 25/8-inch loaf pan -A

**8-cup baking dish:**

8 x 8 x 2-inch square pan -D

11 x 7 x 1 1/2-inch baking pan

9 x 5 x 3-inch loaf pan -A

**10-cup baking dish:**

9 x 9 x 2-inch square pan

11 3/4 x 7 1/2 x 1 3/4-inch baking pan -D

15 x 10 x 1-inch jelly-roll pan

**12-cup baking dish or over:**

13 1/2 x 8 1/2 x 2-inch glass baking pan 12 cups

13 x 9 x 2-inch metal baking pan 15 cups

14 x 10 1/2 x 2 1/2-inch roasting pan 19 cups

## TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

### Tube Pans:

7 1/2 x 3-inch "Bundt" tube -K 6 cups

9 x 3 1/2-inch fancy tube or "Bundt" pan -J or K 9 cups

9 x 3 1/2-inch angel-cake pan -I 12 cups

10 x 3 3/4-inch "Bundt" or "Crownburst" pan -K 12 cups

9 x 3 1/2-inch fancy tube -J 12 cups

10 x 4-inch fancy tube mold (kugelhupf) -J 16 cups

10 x 4-inch angel-cake pan -I 18 cups

### Melon Mold:

7 x 5 1/2 x 4-inch mold -H 6 cups

### Spring-Form Pans:

8 x 3-inch pan -B 12 cups

9 x 3-inch pan -B 16 cups

### Ring Molds:

8 1/2 x 2 1/4-inch mold -E 4 1/4 cups

9 1/4 x 2 3/4-inch mold -E 8 cups

### Charlotte Mold:

6 x 4 1/4-inch mold -G 7 1/2 cups

### Brioche Pan:

9 1/2 x 3 1/4-inch pan -F 8 cups

## BEEF CABBAGE DINNER

1 tsp. butter or margarine	2 c. thinly sliced potatoes
4-5 c. coarsely shredded cabbage	1 tsp. caraway seed
1 medium onion, chopped	1 lb. lean ground beef
	1/2 tsp. salt
	1/4 tsp. pepper
	1 (15 oz.) can tomato sauce

Melt butter in large skillet; add cabbage and onion, mixing well. Arrange potatoes over cabbage; sprinkle with caraway seed. Crumble ground beef over potatoes; sprinkle with salt and pepper. Pour tomato sauce over ground beef. Cover skillet and cook over low heat 30 to 40 minutes or until meat is done. Serves 4.

Jack Boatner

## BEEF RAGOUT

1 lb. round steak (cut in 1/2-inch strips across the grain)	2 medium onions, sliced
6 strips bacon	2 medium carrots, sliced
3 medium potatoes, sliced	1/2 c. dry red cooking wine
	salt and pepper

Cover bottom of casserole with bacon. Cover bacon with steak slices. Add onions and carrots in layers. Add potatoes last (top). Add wine. Bake in 375° oven for 90 minutes. Test steak; it may take longer. Yields 4 servings.

Anita Trees

## BRUNSWICK STEW

1 lb. ground beef	2 large white or purple onions, chopped
1 1/2 lb. ground pork shoulder	1 average-sized bottle catsup
1/3 lb. boned chicken or 2 cans	1 small can tomato paste
1 pt. tomatoes, cut up and stemmed	4 ears corn, cut off cob (may use frozen)

Continued on Page 28)

## BRUNSWICK STEW (Continued)

- |                                                                                                                    |                                                                                                             |
|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| 2 large potatoes, peeled<br>and cut in 1/2-inch<br>cubes<br>2 1/2 tsp. lemon juice<br>1 Tbsp. Worcestershire sauce | salt and pepper to taste<br>2 packs Sweet 'N Low<br>1 can cream of chicken soup<br>2-3 dashes Tabasco sauce |
|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|

Cook meat and onions until tender. Add the rest of the stuff. Simmer about 3 hours. If too thin, add cracker meal or 3 tablespoons flour dissolved in hot water and cook another 10 minutes.

Note: You can't improve on this recipe, but if you like, add 1 cup Lima beans, 2 or 3 diced carrots or a small amount of chili powder (optional).

Jack Boatner

## CHICKEN A LA FRANCAISE

- |                                                                                                                                                                                                                 |                                                                                                                                                                                                                                        |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 c. hot cooked rice<br>2 whole chicken breasts,<br>skinned, boned and<br>cut in thin strips<br>(about 1 lb.)<br>1 1/2 tsp. salt<br>1/4 tsp. pepper<br>2 Tbsp. butter<br>1 c. sliced green onions,<br>with tops | 1 (8 oz.) can sliced mush-<br>rooms (drain and reserve<br>liquid)<br>1/2 c. dry cooking sherry<br>1 c. fresh or frozen green<br>peas<br>1 1/2 c. chicken broth<br>2 Tbsp. cornstarch<br>3 fresh tomatoes, peeled and<br>cut in eighths |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

While rice is cooking, season chicken with salt and pepper; saute in butter until browned. Add onions and mushrooms; continue cooking 2 minutes longer. Stir in sherry, peas and broth. Cover and simmer about 20 minutes. Add tomatoes. Dissolve cornstarch in mushroom liquid and stir into chicken mixture. Cook, stirring frequently, 5 minutes longer. Serve over beds of fluffy rice. Garnish with chopped parsley.

Lucille Williams

## CHICKEN AND DRESSING CASSEROLE

- |                                                                    |                                                                           |
|--------------------------------------------------------------------|---------------------------------------------------------------------------|
| 4 c. cooked chicken<br>(bite-size pieces)<br>1 stick melted butter | 1 (7 oz.) box Kellogg's<br>croutons (6 c.)<br>1 can cream of chicken soup |
|--------------------------------------------------------------------|---------------------------------------------------------------------------|



## CHICKEN AND DRESSING CASSEROLE (Continued)

1 can cream of celery soup                      broth from cooked chicken

Mix together thoroughly chicken soup, celery soup and 2 soup cans of chicken broth. Layer into large casserole a layer of chicken, layer of crumbs and layer of soup mixture. Repeat layers.

Bake at 325° for 45 to 50 minutes. Bake longer if taken directly from refrigerator and put in oven. Serves 8 to 10.

Jane Stephan

## CHICKEN AND RICE CASSEROLE

4 c. cooked chicken, cut up	2 c. diced celery
2 cans cream of chicken soup	2 c. cooked rice
1 1/2 c. Hellmann's mayonnaise (scant)	2 Tbsp. minced onion
	2 Tbsp. lemon juice
	slivered almonds
	2 c. corn flakes, buttered

Stir thoroughly all but almonds and corn flakes. Put in casserole and refrigerate overnight. Before baking, sprinkle sliced almonds and buttered corn flakes on top. Bake at 350° for 50 minutes. Serves 12.

My own hints: About a 3-pound chicken should give you 4 cups. I also like to add a little more chicken. Deboning chicken takes longer. Chicken breasts work faster, but more expensive. Don't over-use the mayonnaise and use Hellmann's.

Arlene Tesarik

## CHICKEN CASSEROLE

1 chicken or 4 breasts	2 Tbsp. onion soup mix
2 c. water	1 can cream of mushroom soup
1 pkg. stuffing (Pep- peridge Farm)	1 can cream of chicken soup
1 stick butter, melted	1 can chicken stock

(Continued on Page 30)

## CHICKEN CASSEROLE (Continued)

Stew whole chicken or breasts in water. Mix stuffing with melted butter. Put half of this in casserole dish. Next put a layer of chicken (removed from bones). Sprinkle dry onion soup mix over chicken. Next dilute the mushroom soup and chicken soup with chicken stock; pour over chicken. Top with rest of stuffing. Bake, uncovered, at 350° about 30 minutes.

Ruth Simmons

## CHICKEN CASSEROLE

- |                              |                                   |
|------------------------------|-----------------------------------|
| 1 chicken (or 2-3 breasts)   | 1 (1 lb.) can asparagus spears    |
| 1 c. mayonnaise (Hellmann's) | 1/2 stick butter (or oleo)        |
| 1 can cream of mushroom soup | 1/2 pkg. Pepperidge Farm dressing |

Cook chicken and pick from bones (1 hour). Spread asparagus over bottom of casserole. Put the cooked chicken over asparagus; combine mayonnaise and soup and pour over chicken. Melt butter (or oleo) in pan and stir in dressing to moisten. Spread this over top of casserole and pop into oven, uncovered, for 25 to 30 minutes at 350°.

Delicious!

Ruth Simmons

## CHICKEN CASSEROLE

- |                                            |                                         |
|--------------------------------------------|-----------------------------------------|
| 2 c. cooked chicken breasts, cut in chunks | 1 can cream of chicken soup (undiluted) |
| 1 c. cooked sliced celery                  | 2 oz. slivered almonds                  |
| 2 Tbsp. minced onion                       | 1/2 can water chestnuts                 |
| 1 tsp. lemon juice                         | 1/2 c. Hellmann's mayonnaise            |
|                                            | Pepperidge Farm seasoned stuffing mix   |

Mix first 8 ingredients together. Pour into buttered casserole. Cover with stuffing mix. Bake 1 hour at 350°

Emily T. Speer

## CHICKEN-RICE DIVAN

2 (10 oz.) pkg. frozen broccoli spears	salt and pepper
1/2 c. shredded Par- mesan cheese	1 c. cooked rice
6 large sliced cooked chicken (2 c. cubed chicken)	2 Tbsp. butter or oleo
	2 Tbsp. all-purpose flour
	1 c. milk
	1 Tbsp. lemon juice
	1 c. sour cream

Cook broccoli according to package directions; drain. Arrange in 11 1/2 x 7 1/2 x 1 1/2-inch baking dish. Sprinkle with half the shredded Parmesan cheese; top with chicken. Season with salt and pepper; spoon on cooked rice.

Prepare a medium white sauce. Melt butter in saucepan over low heat. Blend in flour; add milk all at once. Cook over medium heat, stirring constantly, until mixture thickens and bubbles; remove from heat. Stir in lemon juice; gently fold in sour cream and pour over chicken in casserole. Sprinkle with remaining Parmesan cheese. Bake in hot oven (400°) for 15 to 20 minutes, or until lightly browned. Makes 6 servings.

This casserole can be prepared, frozen and then baked and served. Prepare without baking.

Helen Kirst

## CHICKEN WITH DRIED BEEF

3 chicken breasts (boned and halved)	1 can cream of mushroom soup with 1/2 soup can water
1 small jar dried beef	
6 strips bacon	1 can or jar mushrooms (optional)

Arrange beef in bottom of shallow casserole. Wrap each breast half with a strip of bacon and arrange over beef. Spread soup over all. Cover tightly with foil and bake at 300° for 2 hours. Increase heat to 350° and bake 20 to 30 minutes more, basting during this last 20 to 30 minutes. Also, add mushrooms at this time. Yields 6 servings.

Anita Trees

## COMPANY CHICKEN

- |                                                           |                                 |
|-----------------------------------------------------------|---------------------------------|
| 1 1/2 c. or 1 box rice<br>(Uncle Ben's brown<br>and wild) | 1 can cream of mushroom<br>soup |
| 2 c. beef consomme                                        | 1 c. water                      |
|                                                           | 1 small can whole mushrooms     |
|                                                           | 4 or 5 chicken breasts          |

Place uncooked rice on bottom of 9 x 13-inch pan. Pour beef consomme over the rice. Roll chicken breasts in the onion soup mix. Place on top of rice. Pour over this the mushroom soup that has been mixed with the water. Then pour over all the whole mushrooms. Bake 1 hour, uncovered, and 1 hour covered at 350° (2 hours total). Serves 2 to 4.

Double recipe for 6.

Millie Merchant

## EASY BEEF AND ONION CASSEROLE

- |                                          |                                                      |
|------------------------------------------|------------------------------------------------------|
| 1 lb. ground beef                        | 1/2 c. chopped green pepper                          |
| 1/2 c. uncooked rice                     | 1/2 c. chopped celery                                |
| 1 can cream of mushroom soup (undiluted) | 1 envelope onion soup mix<br>(in 1/4 soup can water) |

Combine all ingredients; spoon into 2-quart casserole, greased. Cover and bake 60 minutes at 350°. Yields 4 servings.

Anita Trees

## EASY LASAGNE

- |                                   |                                                   |
|-----------------------------------|---------------------------------------------------|
| 1 lb. ground beef                 | 8 oz. Ricotta cheese or small-curd cottage cheese |
| 1/2 c. water                      | 12 oz. Mozzarella cheese,<br>sliced or grated     |
| 1 qt. spaghetti sauce             | 1/4 c. Parmesan cheese                            |
| 1 tsp. salt                       |                                                   |
| 1 (8 oz.) pkg. lasagne<br>noodles |                                                   |

Brown ground beef; drain. Add water, sauce and salt. Bring to a boil. In 2-quart (11 3/4 x 7 1/2 inches) baking dish layer hot sauce, uncooked lasagne noodles, Ricotta cheese and Mozzarella cheese. Repeat layers, ending with sauce. Top with Parmesan cheese

and grated Mozzarella cheese. Cover dish with foil and bake at 375° for 1 hour. Makes 6 servings.

Note: Should be cooked before freezing.

Jane Stephan

### EGGS DELIGHT

12 eggs, hard boiled	1/4 tsp. dry mustard
1 c. herb dressing	1/2 tsp. curry powder
4 Tbsp. butter, divided	1 1/2 c. milk, warmed
2 Tbsp. flour	1/4 lb. sharp Cheddar cheese, grated
1/2 tsp. salt	1 (2 oz.) jar pimiento, minced
1/8 tsp. white pepper	bread crumbs
1/4 tsp. paprika	

Grate eggs, using coarse grater. Brown herb dressing in half the butter and set aside.

Melt remaining butter; add flour and seasonings, stirring constantly until smooth. Remove from heat and add warm milk, stirring constantly. Return to heat; cook until smooth and thick. Add grated cheese; continue cooking until cheese melts. Fold sauce into grated eggs; pour into greased 11 3/4 x 7 1/2 x 1 3/4-inch baking dish. Sprinkle pimiento over mixture; top with crumbs. Bake in 350° oven 20 to 25 minutes or until bubbly. Serves 8.

This may be prepared ahead and frozen. Add pimiento and crumbs after removing from freezer.

Lucille Williams

### EGGS FLORENTINE

2 (10 oz.) pkg. chopped spinach	1 (10 oz.) can cream of celery soup
1/4 tsp. salt	1 1/2 c. shredded Velveeta- type cheese
8-10 medium eggs	

Line bottom of 2-quart (7 x 12-inch) casserole with spinach. Make a nest for each egg and break an egg into each nest. Heat soup and 1 cup of cheese; pour over spinach, carefully covering yolks. Sprinkle  
(Continued on Page 34)



## EGGS FLORENTINE (Continued)

remaining cheese over entire casserole again, especially heavy over yolk areas. Bake at 350° for 30 minutes.

Virginia Sawrie

## GOLDEN GATE SCAMPI

- |                           |                               |
|---------------------------|-------------------------------|
| 1 pkg. Spanish rice       | 1 (2 oz.) can mushrooms       |
| 2 (4 1/2 oz.) cans shrimp | 1/3 c. dry white cooking wine |
|                           | 1 large can tomatoes (16 oz.) |

Prepare Spanish rice according to package directions. In 2 1/2-quart casserole combine cooked rice with drained, rinsed shrimp, mushrooms and white wine. Bake for 20 minutes in a 350° oven. Serves 4 to 6.

Good with Caesar salad and hard rolls.

Carole Stephan

## HOLIDAY CHEESE SOUFFLE

- |                                        |                       |
|----------------------------------------|-----------------------|
| 4 slices white bread butter            | 3 eggs                |
| 1 jar Old English cheese (Kraft 5 oz.) | 1/2 tsp. dry mustard  |
|                                        | 2 c. homogenized milk |

Remove crust from slices of bread. Spread with butter and cut into small pieces. Put bread into 1-quart greased casserole. Break up cheese in small pieces and scatter on top of bread. Whip together the eggs, mustard and milk; pour over bread and cheese mixture. Cover and refrigerate at least overnight, or up to 2 days. Uncover for baking at 350° for 1 hour or until knife cuts clean in center. Serves 4.

Excellent for brunch or lunch.

Cynthia Thompson

## HOT CHICKEN SALAD

- |                               |                                      |
|-------------------------------|--------------------------------------|
| 2 1/2 c. diced cooked chicken | 1 can undiluted cream of celery soup |
| 1 1/2 c. chopped celery       | 2 tsp. lemon juice                   |

## HOT CHICKEN SALAD (Continued)

2 Tbsp. grated onion	1 c. crushed potato chips
2 Tbsp. mayonnaise	1/2 c. sharp shredded
1/2 c. slivered almonds	cheese

Combine all ingredients except potato chips and cheese. Blend well; spoon into a lightly greased 1 1/2-quart casserole and sprinkle with potato chips. Bake, uncovered, at 350° for 20 minutes; then sprinkle with cheese and return to oven until cheese melts. Makes 4 to 5 servings.

Anita Trees

## HOT CHICKEN SUPREME

3 whole chicken breasts, cooked and chopped	1/4 c. slivered almonds, toasted
1 1/2 c. celery, chopped	1/4 c. chopped pimiento
1 c. (4 oz.) sharp Cheddar cheese, shredded	2 Tbsp. dry cooking sherry
1 c. mayonnaise	2 tsp. chopped onion
1/4 c. milk	1/2 tsp. poultry seasoning
	1 (3 oz.) can Chinese noodles
	1/2 tsp. grated lemon rind

Combine all the stuff, except the noodles. Stir well. Spoon chicken mixture into a greased 1 1/2-quart casserole and top evenly with the noodles. Bake at 350° for 30 minutes. Serves 6 to 8.

Jack Boatner

## HUNTER'S STEW

3 lb. hamburger	2 cans tomatoes
2 medium onions	2 cans old-fashioned vegetable soup (Campbell's)
1 qt. bell peppers, chopped	1 can beef bouillon (Campbell's)
2 cans red kidney beans	

(Continued on Page 36)

## HUNTER'S STEW (Continued)

Brown hamburger; add onions and bell peppers. Pour off excess grease. Add all other ingredients. Simmer 1 hour or longer. Serve over Jiffy corn bread.  
Ann Yarborough

## LASAGNE

- |                                                                                    |                                          |
|------------------------------------------------------------------------------------|------------------------------------------|
| 1/2 c. oil                                                                         | 2 small cans tomato paste                |
| 5 minced garlic cloves                                                             | 2 tsp. salt                              |
| 1 chopped onion                                                                    | 1/2 tsp. pepper                          |
| 1 lb. Italian sausage or<br>Peter's frozen pizza<br>sausage, sliced and<br>chopped | 2 Tbsp. oregano                          |
| 1 1/2 lb. ground beef                                                              | 1 lb. Mozzarella cheese,<br>sliced       |
| 2 small cans tomato<br>sauce                                                       | 1 c. Parmesan cheese or<br>Romano cheese |
| 1 large can stewed<br>tomatoes                                                     | 1 qt. cottage cheese                     |
|                                                                                    | 2 eggs                                   |
|                                                                                    | 2 (6 oz.) pkg. lasagne<br>noodles        |

Saute garlic and onion; add meats and brown. Spoon off excess fat. Add tomatoes and seasonings and simmer 1 1/2 hours. Cook noodles in large amount of boiling salted water until tender; drain and rinse. Beat eggs and add cottage cheese and Parmesan cheese.

Layer noodles in 13 x 9 x 2-inch baking dish. Layer meat sauce, Mozzarella cheese and layer cottage cheese mixture. Repeat again with meat mixture last. Bake at 350° about 45 minutes (or assemble early and refrigerate). Let stand 10 minutes before serving. Serves 10.

Emily Hedrick

## MY MOTHER'S BEST MACARONI AND CHEESE

- |                                                   |                        |
|---------------------------------------------------|------------------------|
| 8 oz. large-cut macaroni                          | 2 eggs                 |
| 3 Tbsp. butter                                    | 1 1/2 c. milk          |
| 3 c. grated Cheddar<br>cheese (Longhorn too oily) | 1 1/2 tsp. dry mustard |

Boil macaroni until tender and drain in sieve. Butter 2-quart baking dish that is large and shallow. Toss drained macaroni with butter in dish. Then toss in

## MY MOTHER'S BEST MACARONI AND CHEESE (Continued)

grated cheese. Whip in separate bowl the eggs, milk and dry mustard; pour over macaroni and cheese. Bake at 325° to 350° for 45 minutes to 1 hour or until very brown and crusty.

Gloria Thompson Goss

## PEKING DUST

- |                                 |                       |
|---------------------------------|-----------------------|
| 2 c. cooked, chopped<br>chicken | 1 c. green beans      |
| 1 c. stew beef,<br>chopped      | 3 hard-boiled eggs    |
| 1 c. chopped celery             | 1 big onion, diced    |
| 1 chopped green pepper          | salt to taste         |
| 1 c. sliced water<br>chestnuts  | curry powder to taste |
| 1 c. diced carrots              | mustard to taste      |
| 1 c. bamboo shoots              | bouillon cubes        |
|                                 | Chow-U sauce          |
|                                 | soybean sauce         |

Cook all ingredients at low heat for 2 hours or longer if you like. Cook 2 cups of rice. Put in rice bowl and keep hot. Cover rice with stew. Garnish with grated coconut, almonds (slivered), raisins and chow-chow. Eat with a spoon or chop sticks.

Eat! Stop before you fill up!

Sue McNeely

## PIZZERIA SPAGHETTI

- |                                                                |                                             |
|----------------------------------------------------------------|---------------------------------------------|
| 1 lb. bulk pork sausage                                        | 2 c. shredded Mozzarella<br>cheese          |
| 1 c. chopped onion                                             | pinch oregano                               |
| 2 cloves garlic                                                | sliced salami or pepperoni<br>(for topping) |
| 2 (15 oz.) cans Hunt's<br>tomato sauce                         | olives (for topping)                        |
| 1/2 c. water                                                   | mushrooms (for topping)                     |
| 1 tsp. salt                                                    | green pepper strips (for<br>topping)        |
| 1 lb. thin spaghetti,<br>broken in half,<br>cooked and drained |                                             |

(Continued on Page 38)

In skillet, brown sausage, onion and garlic. Drain fat. Stir in sauce, water and salt. Simmer, covered, 15 minutes. Place cooked spaghetti on oven-proof platter or rectangular baking dish or pan. Spoon sauce mixture over. Sprinkle with cheese and then toppings, pizza style. Bake at 350° for 5 minutes or until cheese is melted. Keep warm until serving time in oven. (Cover with foil.)

Claire Wollenhaupt

## QUICHE

2 (9-inch) pie shells	2 small cans mushrooms
1 lb. cooked and crumbled bacon	5-6 eggs, beaten
1/2 lb. cooked and crumbled sausage	milk, canned milk or cream
1 medium onion, chopped (raw or slightly sauteed)	dash salt
	dash sugar
	1 lb. or more shredded Swiss cheese

Spread cheese in bottom of each pie shell. Sprinkle in bacon, sausage and mushrooms. Mix eggs and combination of milk. (Kind and amount of milk depends on taste and room left in pie shells.) Add salt and sugar. Pour mixture into shells until full. Sprinkle with nutmeg if desired. Bake at 350° to 400° for 45 to 60 minutes.

Robin Johnson

## SAUSAGE BREAKFAST CASSEROLE

6 slices bread	1 1/2 c. (6 oz.) shredded
butter or margarine	Longhorn cheese or Cheddar cheese
1 lb. bulk pork sausage	1 tsp. salt
6 eggs, beaten	black pepper to taste
2 c. half and half (or milk)	

Remove crusts from bread; spread bread slices with butter. Place in a greased 13 x 9 x 2-inch baking dish and set aside.



## SAUSAGE BREAKFAST CASSEROLE (Continued)

Cook sausage until browned, stirring to crumble; drain well. Spoon over bread slices; sprinkle with cheese. Combine eggs, half and half, and salt; mix well and pour over cheese. Cover casserole and chill overnight.

Remove from refrigerator 15 minutes before baking. Bake casserole, uncovered, at 350° for 45 minutes or until set. Yields 8 servings.

Good for brunch or any time.

Sammie Lou Anderson

## SAUSAGE-GRITS CASSEROLE

1 c. 3-minute grits	2 sticks butter
3 c. undiluted beef bouillon	4 beaten eggs
1/2 tsp. salt	1 c. milk
1 lb. hot sausage	1/4 c. grated sharp cheese

Cook grits in bouillon and salt until thick, about 3 to 4 minutes. In skillet, cook sausage until well done and drain on paper towels. Add sausage to cooked grits, mixing thoroughly. Add eggs, butter, milk and cheese; mix well. Pour into greased casserole. Sprinkle some extra cheese on top of casserole. Bake for 20 to 45 minutes at 350°. This looks very soupy before cooking, but it thickens as it bakes. Serves 8.

Lucille Williams

## SHRIMP CASSEROLE

2 lb. shrimp	1/2 Tbsp. salt
2 Tbsp. margarine	1/8 tsp. pepper
1 Tbsp. lemon juice	1/8 tsp. mace
1/4 c. green pepper, diced	1 can undiluted tomato soup
3 Tbsp. salad oil	1/2 c. slivered almonds
1/4 c. minced onion	1/4 c. cooking sherry
3/4 c. uncooked rice	1 c. milk (canned milk)

Cook shrimp; drain and place in 2-quart casserole. Sprinkle with lemon juice and oil. Cook rice and  
(Continued on Page 40)

## SHRIMP CASSEROLE (Continued)

cool. In butter, saute pepper and onion; add to shrimp and all other ingredients. Add half the almonds. Mix well and top with balance of almonds; sprinkle paprika over all. Bake 55 minutes at 375°. Serves 6 to 8.

In loving memory of  
Althea Ledoux

## SOUR CREAM NOODLE BAKE

1 (8 oz.) pkg. medium egg noodles	1-1 1/2 lb. ground chuck
2 Tbsp. butter or margarine	1/4 tsp. garlic salt
1 (8 oz.) can tomato sauce	1 c. cottage cheese
1/8 tsp. pepper	1 c. sour cream
	1/2 c. green onions, chopped
	3/4 c. coarsely shredded Cheddar cheese

Cook noodles until tender. Rinse and drain. Melt butter in skillet; stir in chuck. Cook until it loses pink color. Add tomato sauce, salt, garlic salt and pepper. Cover and simmer 5 minutes. Fold together noodles, cottage cheese, sour cream and onions. Spoon half of mixture into a 2 1/2-quart casserole; cover with half of meat mixture. Repeat layers; sprinkle with cheese. Refrigerate or freeze.

When ready to serve, return to room temperature and bake at 350° for 30 to 35 minutes, or until mixture is heated through and cheese melted.

Millie Merchant

## SPAGHETTI CARBONARA

1 (16 oz.) pkg. spaghetti	3/4 c. dry white cooking wine
1/2 lb. bacon, chopped in 1-inch pieces	2 Tbsp. half and half
1 medium onion, diced	3 eggs, beaten
	1/2 c. Parmesan cheese
	salt and pepper

Put the spaghetti on to boil; don't overcook. Fry bacon until lightly browned; add onion. Saute together until onion is golden brown, but not too brown. Add

## SPAGHETTI CARBONARA (Continued)

wine and simmer. Allow this to "cook down"; meanwhile, check on spaghetti. In large bowl mix eggs, half and half, Parmesan cheese, salt and pepper. Set this aside. Drain spaghetti in a colander and then put in bowl of egg mixture. Toss and coat spaghetti well; then add bacon and onion and mix well. (Do not drain bacon drippings.) Serve immediately. Serves 6.

Can be used as a side dish or a main dish with salad. This became our favorite pasta dish while living in Italy.

Terrie Stevens Tullos

## TALLARENI

2 c. (heaping) cooked noodles	1 can cream-style corn
1 lb. ground beef	1 can tomato soup
2 Tbsp. Wesson oil	1 c. water
1 medium onion	1 c. diced sharp cheese
	1 can ripe or green olives (optional)

Brown onion and meat in Wesson oil. Mix all ingredients together. Pour in baking dish. Grate cheese on top and bake for 1 hour at 350°.

Scotty Carter

## TEXAS BEAN BAKE

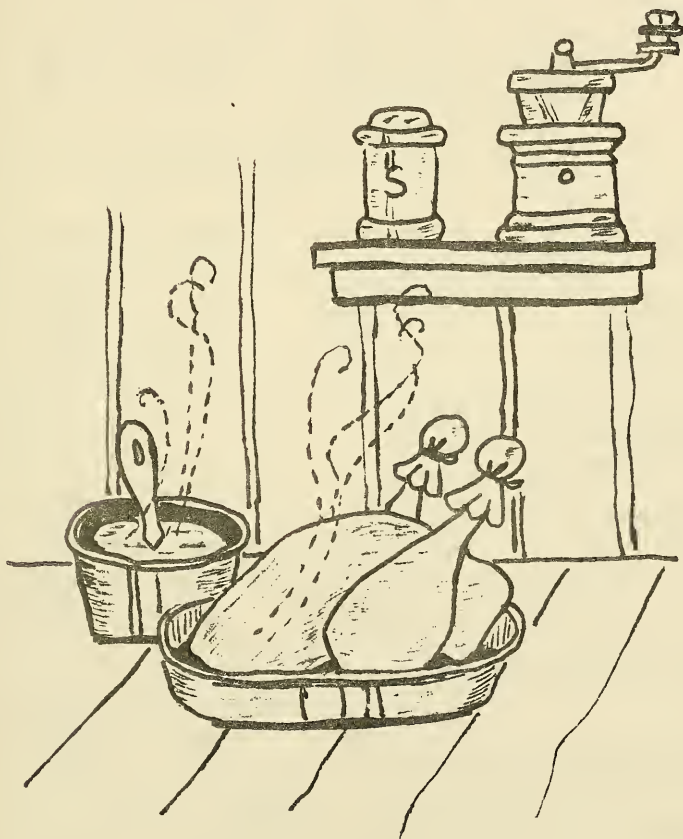
2 Tbsp. oil	1/4 c. diced celery
1/2 lb. ground beef	1 (1 1/4 oz.) pkg. chili seasoning mix
1 1/2 c. diced onion	1 (8 oz.) can tomato sauce
1/2 c. diced green pepper	1 (20 oz.) can red kidney beans

Oven temperature at 350°. Saute beef and vegetables in oil until tender. Stir in remaining ingredients. Bake in 1 1/2-quart casserole for 30 minutes.

Ann Shull



Meats, Poultry  
& Seafood





# Meat Cooking Chart

ROASTING	WEIGHT	MINUTES PER LB.	Oven Temp.	Internal Temp.
<b>FRESH PORK</b>				
Rib and loin	3 - 7 lbs.	30 -40	325	175 F
Leg	5 lbs.	25 -30	325	170 F
Picnic shoulder	5 - 10 lbs.	40	325	175 F
Shoulder, butt	3 - 10 lbs.	40 50	325	170 F
Boned and rolled Shoulder	3 - 6 lbs.	60	325	170 F
<b>BEEF</b>				
Standing ribs - rare	3 -7 lbs.	25	325	135 F
-medium	3 -7 lbs.	30	325	165 F
-well done	3 -7 lbs.	35	325	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes.				
<b>LAMB</b>				
Shoulder - well done	4 -10 lbs.	40	325	190 F
Shoulder - boned and rolled	3 -6 lbs.	40	325	182 F
Leg - medium	5 -10 lbs.	40	325	175 F
Leg - well done	3 -6 lbs.	40 - 50	325	182 F
Crown - well done	3 -6 lbs.	40 -50	325	182 F
<b>SMOKED PORK</b>				
Shoulder and picnic hams	5	30 -40	325	170 F
	8	30 -40	325	175 F
Boneless butt	2	40	325	180 F
	4	25	325 F	170 F
Ham	12 -20	16 -18	325 F	170 F
	Under 10 lbs	20	325	175 F
	Half hams	25	325	170 F
<b>VEAL</b>				
Loin	4 -6 lbs.	35	325 F	175 F
Leg	5 -10 lbs.	35	325	175 F
Boneless shoulder	4 -10 lbs.	45	325F	175 F
<b>POULTRY</b>				
Chicken	3 -5 lbs.	40	325F	170 F
Stuffed	over 5 lbs.	30	325	170 F
Turkey	8 -10 lbs.	20	325	175 F
	18 - 20 lbs.	14	325	175 F
Duck	5 -10 lbs.	30	325	175 F

### BARBEQUED CHUCK ROAST

4-6 lb. bone-in chuck roast (1 1/2-inches thick)	dash pepper 1/2 tsp. dry mustard 3/4 c. catsup
3 Tbsp. flour	1 1/2 Tbsp. Worcestershire sauce
1 Tbsp. brown sugar	1 Tbsp. vinegar
1 tsp. salt	

Mix ingredients for sauce. Brown roast on grill about 30 minutes. Season with salt and pepper. Wrap in heavy foil, pouring sauce over roast. Add bias-cut chunks of celery, carrots, pieces of onion and green pepper. Seal securely. Bake over slow coals 2 to 3 hours or until done (or may finish in oven).

Herb Gilbert

### BARBEQUED MEAT BALLS

1 1/2 lb. ground chuck	1/4 tsp. pepper
1/2 c. bread crumbs	1 egg
1 tsp. salt	1/2 c. milk

Sauce:

2 c. tomato juice	3/4 c. bottled barbecue sauce
2 Tbsp. flour	1/4 c. water

Combine meat, bread crumbs, salt, pepper, egg and milk. Shape into balls 1/2 to 3/4 inches. Bake at 350° for 30 minutes. Remove from oven and drain off grease.

Sauce: Combine ingredients and pour over meat. Bake 45 minutes longer.

Freezes well.

Herb Gilbert

### BEEF BARBECUE

2-2 1/2 lb. chuck roast (or eye, sirloin tip)	2 Tbsp. fat or oil 2 Tbsp. vinegar
1 large onion, chopped	(Continued on Page 44)

## BEEF BARBECUE (Continued)

2 Tbsp. lemon juice	1 Tbsp. prepared mustard
1 c. catsup	2 tsp. chili powder
3 Tbsp. Worcestershire sauce	1/2 c. water
2 Tbsp. brown sugar	1 tsp. salt
	1/2 c. diced celery
	dash pepper

Melt fat; add other ingredients and mix thoroughly. Pour over meat and bake 3 or 4 hours at 350° in covered heavy pan. Cool and pull apart with fork. Reheat and serve on buns. Serves 4 to 6.

Triple or double recipe for crowd.

Claire Wollenhaupt

## CHINESE PEPPER STEAK

1/4 c. vegetable oil	3 large green peppers, sliced
1 clove garlic, or garlic powder	2 large onions, chopped
1 1/2-2 lb. sirloin steak, cut in thin pieces	4 green onions, chopped
1 tsp. ground ginger	1/4 c. soy sauce
salt to taste	1/2 tsp. sugar
1/2 tsp. pepper	1/4 c. cold water
1/2 c. beef bouillon	1 Tbsp. cornstarch
	1 (8 oz.) can water chest- nuts, sliced
	cooked rice

Heat pan; add oil and garlic. When garlic browns, remove. Add beef and fry a few minutes. Season with ginger, salt and pepper. Add bouillon and continue to cook, adding green peppers and onions. Add soy sauce, sugar, water and cornstarch mixed together. Cook mixture until it thickens, stirring slowly. Fold in water chestnuts. Serve over cooked rice. Serves 4.

Virginia Sawrie

## CORNED BEEF

4 or 5 lb. corned beef	6 peppercorns
3 onion slices stuck with 4 cloves each	1/2 tsp. rosemary
	1 bay leaf

## CORNE D BEEF (Continued)

- |                                 |                            |
|---------------------------------|----------------------------|
| 1 or 2 cloves garlic,<br>minced | 1 stalk celery with leaves |
| 2 green pepper rings            | 1 carrot                   |

Place corned beef in pan or crock-pot with liquid to cover. Add remaining ingredients. Simmer 3 to 5 hours on top of stove or cook on low 8 to 10 hours in crock-pot. Cut off and let beef cool some in broth.

Broth makes delicious soup. Cook cabbage and new potatoes in broth.

Herb Gilbert

## GOOD MEAT LOAF

- |                            |                             |
|----------------------------|-----------------------------|
| 2 lb. ground chuck<br>beef | 1/4 c. milk                 |
| 3/4 c. uncooked oats       | 2 eggs                      |
| 1 whole onion, diced       | 2 tsp. salt                 |
| 1/2 c. ketchup             | 1 1/2 tsp. prepared mustard |

Glaze:

- |                     |                                         |
|---------------------|-----------------------------------------|
| 1/2 c. ketchup      | 1 Tbsp. prepared horse-<br>radish sauce |
| 3 Tbsp. brown sugar | 2 tsp. prepared mustard                 |

Mix all ingredients until well combined; spoon into a 9 x 5-inch loaf pan or 8-inch square baking pan and cover with glaze.

Glaze: Combine ingredients for glaze and spread over meat loaf.

Bake 1 hour in preheated oven of 375°. Transfer to heated platter. Makes 8 servings.

Ruth Shinn

## MOMMA'S MEAT LOAF

- |                                        |                                      |
|----------------------------------------|--------------------------------------|
| 1 lb. ground beef                      | 2 c. soft bread crumbs               |
| 1 egg                                  | 1/2 c. finely chopped onion          |
| 3 tsp. salt                            | 1/2 bell pepper, chopped fine        |
| 1 1/2 c. (large can)<br>Carnation milk | 1 (8 oz.) can Hunt's tomato<br>sauce |

(Continued on Page 46)

## MOMMA'S MEAT LOAF (Continued)

Mix well, with hands, all ingredients except tomato sauce. Shape into loaf in well-greased baking dish. Bake 30 to 45 minutes in a 350° oven.

Meanwhile, heat sauce in small saucepan and pour over meat loaf about 5 minutes before done.

Carol B. Byrd

## PEPPERED BEEF

1/4 c. coarse ground black pepper	4-5 lb. boneless brisket of beef or 4-6 lb. rib eye
1 tsp. ground cardamom (optional)	or chuck eye

Marinade:

1 Tbsp. tomato paste or ketchup	1 clove garlic, crushed
1 tsp. paprika	1/2 c. vinegar
	2/3 c. soy sauce

Spread pepper (and cardamom) evenly on waxed paper. With heel of hand press beef firmly into pepper trying to coat all sides evenly. (Use all of pepper.) Combine ingredients for marinade. Place meat in Ziploc plastic bag and pour marinade over meat. Refrigerate several hours or overnight. (Turn occasionally.) Wrap meat in foil, place in shallow pan. Bake at 300° for 1 1/2 hours. (Can be browned under broiler.)

Virginia Perkins

## SMOTHERED SAUSAGE BALLS

2 lb. bulk sausage	1 (15 1/4 oz.) can pine- apple chunks, drained
1 1/4 c. ketchup	1/4 c. water
1/4 c. brown sugar	1 Tbsp. soy sauce
1 Tbsp. lemon juice	

Shape sausage into balls and brown; then drain. Pour fat from pan and return to pan. Combine other ingredients (except pineapple), pour over balls and cook, covered, 10 minutes. Add pineapple chunks. Simmer, covered, until pineapple is warmed through.

Brenda Jenkins

## SWEET AND SOUR MEAT LOAF

1 1/2 lb. ground meat	1 onion, grated
-----------------------	-----------------



## SWEET AND SOUR MEAT LOAF (Continued)

1 c. bread crumbs  
1 egg

1/2 c. Spanish tomato sauce

### Sauce:

1/2 c. tomato sauce  
1/3 tomato sauce can  
vinegar  
1/4 c. water

1/2 c. light brown sugar  
2 Tbsp. mustard  
salt and pepper to taste

Mix ingredients and form into loaf.

Sauce: Mix ingredients for sauce and pour over meat loaf. Bake at 350° until done (1 1/2 hours). Spoon sauce over meat loaf.

Scotty Carter

## COUNTRY CAPTAIN

1 hen, 3 lb. or larger  
2 medium onions, diced  
1 large green pepper,  
diced  
1 clove garlic, minced  
2 Tbsp. butter  
2 (16 oz.) cans stewed  
tomatoes

1 tsp. salt  
1/2 tsp. pepper  
1 tsp. powdered thyme  
1 tsp. curry powder  
4 oz. slivered blanched  
almonds, toasted  
1/2 c. currants or raisins

Stew hen in seasoned water; remove meat from bone and cut into bite-size pieces. Saute onions, green pepper and garlic in butter. Add tomatoes and cook 10 minutes. Add salt, pepper, thyme and curry powder. Cook 5 minutes longer. Pour sauce over chicken and bake 45 minutes at 325°. When ready to serve, add almonds and raisins. Serve with brown or wild rice.

May be prepared ahead. Freezes well.

Virginia Sawrie

## EASY ELEGANT CHICKEN

4 chicken breasts, split  
(or may use choice  
pieces as desired)

1 can cream of chicken soup  
2 Tbsp. white cooking wine  
(Continued on Page 48)

## EASY ELEGANT CHICKEN (Continued)

1 can water chestnuts, drained and sliced	salt and pepper to taste flour margarine
----------------------------------------------	------------------------------------------------

Skin chicken; flour very lightly and brown in margarine. Drain fat and heat the soup and wine in skillet where chicken was browned. Add water chestnuts and seasoning. Pour over chicken which has been placed in flat baking dish. Cover and bake 1 1/2 hours at 325°. (May cover with foil.)

May prepare ahead of time needed, except for baking.

Sammie Lou Anderson

## GOLFER'S CHICKEN

4 chicken quarters	1 pkg. dry onion soup
8 oz. apricot jam	1 small bottle Russian dressing

Combine dry soup, dressing and jam. Mix well until smooth. Wash chicken; pat dry. Slightly overlap in flat buttered baking dish. Spoon 1 or 2 tablespoons on each piece and spread over all. Bake at 225° for 4 or 5 hours or however long your golf game takes. Be careful to put well below your heating element if using electric oven. If not playing golf, this can be baked at 375° for 1 hour. Serves 4.

Keep leftover sauce in refrigerator. It's great on ribs, hamburgers or whatever.

Emily Hedrick

## ISLAND CHICKEN

1 fryer, cut in serving pieces or number of breasts per persons	1 c. sliced celery, cut in 1 1/2-inch strips
1 tsp. Accent (optional)	2 medium tomatoes, cut into 16 wedges
2 Tbsp. salad oil	1 green pepper, thinly sliced
1 (20 oz.) can pine- apple chunks	1 1/2 c. packaged precooked rice (or your best)
2 Tbsp. soy sauce	1/4 c. water
2 Tbsp. cornstarch	

Wash and dry chicken. Sprinkle with Accent; let stand 15 minutes. Brown quickly in hot oil in skillet. Drain pineapple; add syrup and soy sauce to chicken. Cover and let simmer 20 minutes. Combine water and cornstarch; add to chicken, stirring constantly until thickened. Add celery, tomatoes, green pepper and drained pineapple. Cover and simmer 10 minutes. Serve over hot rice. Yields 4 servings.

This is very good and easy.

Willene Smith

### SOY-GLAZED CHICKEN

1 (20 oz.) can juice-	1 tsp. instant onion
packed sliced pine-	1/2 tsp. ground ginger
apple	1/4 tsp. onion powder
1/4 c. soy sauce	2 chickens, quartered

About 1 1/4 hours before serving, preheat oven to 375°. Drain and reserve juice from pineapple. In heavy pan mix 1/4 cup juice, soy sauce, onion, onion powder and ginger; add chicken. Turn to coat well. Arrange skin side up in baking dish and pour juice mixture over chicken. Bake 50 to 60 minutes, basting often, until tender. Add pineapple slices; heat about 5 minutes. Skim fat from juice.

Gay Hartley

### TROPICAL CHICKEN

2 whole broilers, split	2 Tbsp. Worcestershire
1/4 c. molasses	sauce
2 Tbsp. lemon juice	1 Tbsp. salad oil
2 Tbsp. soy sauce	1/2 tsp. ginger
	1/2 tsp. curry powder

Mix all ingredients except chicken. Rub the mixture into chicken. Bake skin side down for 40 minutes at 375°. Turn and broil 15 minutes until well browned. Serve with Pineapple Rice, page 58.

Olga Hunter

## SALMON OR SHRIMP MOUSSE

1 envelope unflavored gelatin	1/4 tsp. paprika
1/4 c. cold water	1 tsp. salt
1/2 c. boiling water	2 drops red food coloring
1/2 c. mayonnaise	2 c. salmon, drained, or cooked shrimp
1 Tbsp. lemon juice	1/2 c. heavy cream, whipped
1/2 tsp. Tabasco sauce	

Soften gelatin in cold water. Add hot water and all other ingredients except salmon (or shrimp) and heavy cream. Mix well. Chill until slightly thickened. In meantime, remove large bones and skin from salmon (or clean the shrimp thoroughly). Chop very finely. Mix well into gelatin mixture. Fold in whipped cream. Pour into 2-quart mold. Chill until set. Serve with flat bread or nonflavored crackers.

Florence Ullery

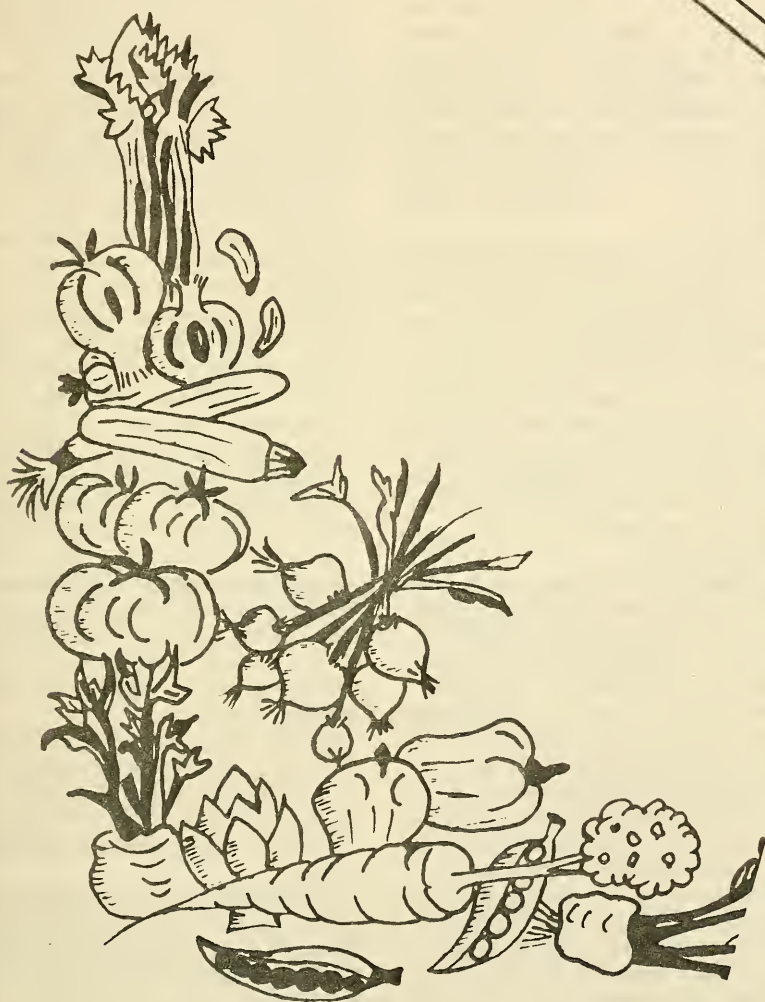
## SHRIMP MOLD

2 cans shrimp or 1 1/2 lb. fresh cooked and peeled shrimp	2 pkg. Knox gelatin, softened in water
1 can tomato soup	1 Tbsp. Worcestershire sauce
1 (8 oz.) pkg. cream cheese	3 stalks celery
1 c. mayonnaise	1 small onion

Warm cheese and soup together. Mix with softened gelatin until well mixed. Chop shrimp, celery and onion in blender. Mix into warm cheese, soup and gelatin mixture; add Worcestershire sauce and mix all well. Pour into fish or shrimp mold and chill overnight.

Georgia Gilmer

# Vegetables





# How To Can Vegetables

## POINTS ON PACKING

**Raw pack.** - Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

**Hot pack.** - Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty, or strong-flavored, and when there isn't enough cooking liquid.

## PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

**Directions.** - Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.

- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.

- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).

- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.

- Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.

- When processing time is up, remove canner from heat immediately.

**With glass jars,** let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open

petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

## HOW TO CHECK HOME CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

**Choosing mason jars.** Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

**Preparing glass jars.** Check all jars, rings, and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures - widemouth or regular - that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lids according to package directions.

**Closing glass jars.** Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (R) is made by Owens-Illinois. Its read button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

**Jar transfer.** Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

## VEGETABLES

### ASPARAGUS CASSEROLE

- |                                         |                                              |
|-----------------------------------------|----------------------------------------------|
| 1 large can asparagus<br>(whole or cut) | 3 hard-boiled eggs, chunked                  |
| 1 can cream of mushroom soup            | 4 slices cooked, crumbled<br>bacon           |
| 1/2 can milk (using<br>soup can)        | 1 can small cooked onions<br>buttered crumbs |

Make sauce of soup and milk. Add eggs, bacon, onions and cheese. Mix lightly with asparagus. Place in greased casserole. Cover with buttered crumbs. Bake at 350° until lightly brown on top.

Ann Gilbert

### BAKED BEANS

- |                                  |                                          |
|----------------------------------|------------------------------------------|
| 1/2 c. chili sauce or<br>catsup  | 1 pepper, sliced in thin<br>rings        |
| 3 Tbsp. Worcestershire<br>sauce  | 2 tsp. mustard                           |
| 2 Tbsp. brown sugar              | 1 large can pork and beans               |
| 1 onion, sliced in thin<br>rings | 2 slices bacon (for top of<br>casserole) |

Mix ingredients in casserole and bake with slices of bacon on top at 300° for 2 hours.

Charlotte Pickett

### BAKED RICE

- |                        |                          |
|------------------------|--------------------------|
| 1 Tbsp. onion, chopped | 1/2 c. uncooked, regular |
| 1/4 stick butter       | rice, washed and drained |
| 1 can consomme         | Parmesan cheese          |

Saute onion in butter until done. Mix with consomme and rice. Use baking dish with cover. Sprinkle cheese on top; cover and bake 1 hour at 350°.

Good with barbecued chicken or beef ribs.

Sammie Lou Anderson

## BROCCOLI CASSEROLE

- |                                                               |                                                     |
|---------------------------------------------------------------|-----------------------------------------------------|
| 2 pkg. frozen chopped<br>broccoli, thawed and<br>drained well | 1 c. Minute rice, cooked<br>according to directions |
| 1/2 lb. Velveeta cheese,<br>cubed                             | 1 can cream of chicken soup                         |
| 1/2 stick oleo                                                | 1 small can evaporated milk                         |
|                                                               | 1 large onion, chopped                              |
|                                                               | 1 can water chestnuts,<br>drained and sliced        |

Mix together soup and evaporated milk. Then mix all together. Place in 13 x 9-inch pan. Bake at 350° for 1 hour, uncovered.

Mrs. Robert Bailie

## BROCCOLI CASSEROLE

- |                        |                                 |
|------------------------|---------------------------------|
| 1 medium chopped onion | 1 can cream of mushroom<br>soup |
| 1/2 stick margarine    | 2 c. Minute rice                |
| 3/4 c. Cheez Whiz      | 2 pkg. frozen broccoli          |

Cook broccoli according to package directions. Saute onion in margarine. Cook rice by package directions. Lay broccoli in bottom of 2-quart rectangular casserole. Mix remaining ingredients and pour over broccoli. Bake at 300° for 30 minutes.

Myra Gilbert

## BROCCOLI FROMAGE CASSEROLE

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 2 pkg. frozen chopped<br>broccoli | salt and pepper to taste         |
| 1/4 lb. butter                    | 4 eggs                           |
| 6 Tbsp. flour                     | 1/2 lb. grated Cheddar<br>cheese |
| 1 (1 lb.) carton cottage cheese   |                                  |

Thaw and drain broccoli. Melt butter; add flour and mix until blended. In large bowl, beat eggs. Add cottage cheese and mix well together. Carefully add butter and flour mixture. Mix in Cheddar cheese and fold in the broccoli. Pour into buttered casserole. Bake in preheated oven of 350° for 1 hour, uncovered. Makes 6 to 8 servings.

Marjorie M. Gorski

## BROCCOLI-ONION DELUXE

- |                                                                    |                                                                                                |
|--------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| 1 lb. fresh broccoli or<br>1 (10 oz.) pkg.<br>frozen broccoli      | 2 Tbsp. all-purpose flour<br>1 c. milk                                                         |
| 2 c. frozen whole small<br>onions or 3 medium<br>onions, quartered | 1 (3 oz.) pkg. cream cheese<br>2 oz. sharp American cheese<br>(or process), grated<br>(1/2 c.) |
| 4 Tbsp. butter or mar-<br>garine                                   | 1 c. soft bread crumbs                                                                         |

Slit fresh broccoli spears lengthwise; cut into 1-inch pieces. Cook in boiling, salted water until tender (or cook frozen broccoli according to package directions). Drain. Cook onions in boiling, salted water until tender; drain.

In saucepan melt 2 tablespoons of the butter. Blend in flour, 1/4 teaspoon salt and dash pepper. Add milk; cook and stir until thick and bubbly. Reduce heat; blend in cream cheese until smooth. Place vegetables in a 1 1/2-quart casserole. Pour sauce over; mix lightly. Top with process cheese; cover and chill.

Before serving, bake casserole, covered, at 350° for 30 minutes. Sprinkle crumbs around edge; bake, uncovered, until heated through, about 30 minutes more.

Millie Merchant

## BROWN RICE

- |                                                                          |                                                                                                         |
|--------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| 1 c. rice<br>1 can consomme<br>1 can undiluted cream<br>of mushroom soup | 1 can onion soup (undiluted)<br>1 can water chestnuts, sliced<br>1 can mushrooms<br>1/2 stick margarine |
|--------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|

Bake in greased baking dish, with a lid, at 325° for 1 or 2 hours.

When you need to double recipe, double everything except water chestnuts.

Gloria Thompson Goss

## CABBAGE PIE

- |                                                                 |                                                              |
|-----------------------------------------------------------------|--------------------------------------------------------------|
| 7 c. shredded cabbage<br>16 soda crackers,<br>coarsely crumbled | 2 c. milk<br>1/4 c. butter or oleo<br>(Continued on Page 54) |
|-----------------------------------------------------------------|--------------------------------------------------------------|



## CORN-TOMATO BAKE (Continued)

Grease large-sized casserole dish (uncovered). Combine ingredients and dot with butter. If too much juice, dip out 4 to 6 tablespoons. Sprinkle top with pepper. Bake at 350° for 1 1/2 to 1 3/4 hours. Check while cooking; if too soupy, cook longer until firm. Serves 8 to 10.

Claire Wollenhaupt

## FRENCH BAKED-STUFFED EGGPLANT

1 large eggplant	2 Tbsp. margarine
1 c. chopped onions	1 lb. lean ground beef
1 c. chopped mushrooms	1/4 c. tomato paste
1 1/2 tsp. basil	1/4 c. wheat germ
1/2 tsp. chervil	2 Tbsp. fresh chopped pars- ley
1/4 tsp. pepper	
1 tsp. salt	

Preheat oven to 350°. Wash eggplant and cut in half lengthwise. Carefully remove the pulp, leaving 1/2 inch of the outer shell. Dice the pulp. Saute the onions, mushrooms, seasonings and meat in the margarine. Stir in the tomato paste, wheat germ and eggplant pulp. Cook until meat is slightly done. Then fill the eggplant shells with the cooked mixture and bake in oven 45 minutes or until eggplant is cooked.

Elizabeth Navilliat

## GREEN BEAN CASSEROLE

2 cans French-style green beans	1 can cream of mushroom soup
1 can mixed Chinese vegetables	1 can French fried onions
	1 small can water chestnuts, sliced

Put beans in bottom of greased 1 1/2-quart casserole. Spread Chinese vegetables and water chestnuts over this. Pour on mushroom soup. Bake at 350° until bubbly. Place onion rings on top the last 5 minutes of baking.



## CORN PUDDING (Continued)

Mix flour, sugar and eggs with milk until smooth. Mix other ingredients. Bake at 350° for 45 minutes or until thick.

Scotty Carter

### CORN PUDDING

1 can cream-style corn	1/3 c. milk
or fresh corn	1/4 tsp. salt
1/4 c. sugar (to taste)	1/2 tsp. vanilla
3 Tbsp. cornstarch	1 Tbsp. butter, melted
2 beaten eggs	

Mix sugar, cornstarch and salt. Add other ingredients and bake in greased casserole at 350° for 30 minutes.

Quick and easy!

Virginia Smith

### CORN PUDDING

2 eggs	2 Tbsp. sugar
1 can cream-style corn	1 c. milk
salt to taste	1 Tbsp. cornstarch

Beat eggs; add corn, salt and sugar. Mix cornstarch with small part of milk. Add to corn mixture with the remaining milk. Pour in greased baking dish. Put small pieces of butter or margarine on top. Bake at 350° for 1/2 hour to 3/4 of an hour.

Elizabeth Duncan

### CORN-TOMATO BAKE

2 pkg. frozen kernel corn (or 2 c. fresh)	1 small green pepper, chopped
2 large cans Hunt's Italian-style tomatoes (1 lb. 12 oz. size)	1 c. coarse cracker crumbs
	salt and pepper to taste
	2 Tbsp. sugar
	1/4 c. butter

(Continued on Page 56)

## CORN-TOMATO BAKE (Continued)

Grease large-sized casserole dish (uncovered). Combine ingredients and dot with butter. If too much juice, dip out 4 to 6 tablespoons. Sprinkle top with pepper. Bake at 350° for 1 1/2 to 1 3/4 hours. Check while cooking; if too soupy, cook longer until firm. Serves 8 to 10.

Claire Wollenhaupt

## FRENCH BAKED-STUFFED EGGPLANT

1 large eggplant	2 Tbsp. margarine
1 c. chopped onions	1 lb. lean ground beef
1 c. chopped mushrooms	1/4 c. tomato paste
1 1/2 tsp. basil	1/4 c. wheat germ
1/2 tsp. chervil	2 Tbsp. fresh chopped parsley
1/4 tsp. pepper	
1 tsp. salt	

Preheat oven to 350°. Wash eggplant and cut in half lengthwise. Carefully remove the pulp, leaving 1/2 inch of the outer shell. Dice the pulp. Sauté the onions, mushrooms, seasonings and meat in the margarine. Stir in the tomato paste, wheat germ and eggplant pulp. Cook until meat is slightly done. Then fill the eggplant shells with the cooked mixture and bake in oven 45 minutes or until eggplant is cooked.

Elizabeth Navilliat

## GREEN BEAN CASSEROLE

2 cans French-style green beans	1 can cream of mushroom soup
1 can mixed Chinese vegetables	1 can French fried onions
	1 small can water chestnuts, sliced

Put beans in bottom of greased 1 1/2-quart casserole. Spread Chinese vegetables and water chestnuts over this. Pour on mushroom soup. Bake at 350° until bubbly. Place onion rings on top the last 5 minutes of baking.

## GREEN BEAN CASSEROLE (Continued)

Variation: In place of mushroom soup, use cheese soup and top with grated cheese instead of onions.

Myra Gilbert

## GRITS CASSEROLE

3 1/2 c. water	1 c. quick-cooking grits
1 tsp. salt	1 stick butter
1 roll Kraft garlic cheese	2 eggs
3/4 c. grated sharp cheese	milk
	salt and pepper

Beat eggs in measuring cup and add milk to make 1 cup. Cook grits according to box directions, in 3 1/2 cups water. Remove from heat. Add garlic cheese roll, butter, eggs and milk, salt and pepper to taste. Bake 45 minutes at 350°. Then sprinkle 3/4 cup grated cheese on top and bake 15 minutes longer until firm.

Good with breakfast, eggs, hot sausage, tomatoes and country ham.

If garlic cheese roll is unavailable, substitute a Cheddar cheese spread (Cheddar cheese plus cream cheese) and add 1/2 teaspoon liquid garlic or equivalent of 1 clove garlic in powder form.

Jack Boatner

## OVEN-FRIED POTATOES

8 large unpeeled baking potatoes, each cut in 8 wedges	2 Tbsp. grated Parmesan cheese
1/2 c. oil	1 tsp. salt
	1/2 tsp. garlic powder
	1/2 tsp. paprika

Prepare potatoes and mix oil baste before guests arrive. Start to bake about 45 minutes before serving.

Arrange potato wedges, peel side down, in shallow baking dish (pan). Mix remaining ingredients and

(Continued on Page 58)

## OVEN-FRIED POTATOES (Continued)

brush over potatoes. Bake in preheated 375° oven 45 minutes. Brush with oil mixture every 15 minutes.

Claire Wollenhaupt

## PINEAPPLE RICE

1 c. raw rice	2 c. water
1 c. pineapple juice or syrup	1 tsp. salt
	1 Tbsp. butter

Bring water and pineapple juice to full boil; add salt, butter and rice. Cover and cook over low heat 20 to 25 minutes. Remove from heat; fluff with fork.

Pineapple chunks, raisins or chopped water chestnuts can be added if desired.

Olga Hunter

## POTATO CASSEROLE

8 medium potatoes	dash garlic salt
1 small onion	grated Cheddar cheese
1 c. sour cream	bread crumbs
1 c. cottage cheese	

Peel potatoes and slice; dice onion. Boil together until slightly tender. Drain; then pour into buttered casserole.

Mix well sour cream, cottage cheese, garlic salt and some cheese. Pour this over potatoes and onion and mix. Cover with more cheese and bread crumbs. Bake at 350° from 30 to 45 minutes, until potatoes are done. Serves 6 to 8.

Ruth Shinn

## POTATOES O'BRIEN

1 pkg. frozen Potatoes O'Brien	4 oz. grated Cheddar cheese
1 can cream of chicken soup (undiluted)	1/8 c. melted oleo
1/2 pt. sour cream	pepper to taste
	seasoned bread crumbs

Mix all ingredients together (except oleo). Put in a greased casserole. Drizzle top with melted oleo and sprinkle with seasoned bread crumbs. Bake, uncovered, 1 hour and 15 minutes at 350°. Serves 6.

Marjorie M. Gorski

## QUICK RICE CASSEROLE

- |                                  |                                            |
|----------------------------------|--------------------------------------------|
| 1 c. rice (regular,<br>uncooked) | 1 can cream of chicken soup<br>(undiluted) |
| 4 Tbsp. margarine,<br>melted     | 1 can onion soup (undiluted)               |

Brown rice in melted margarine just slightly. Mix chicken and onion soups; add rice and butter. Place mixture in buttered casserole. Bake covered at 350° for 1 hour and 15 minutes.

Casserole will wait successfully until serving time in a warm oven.

Marion Schlack

## RANCHO LIMA BEANS

- |                                       |                           |
|---------------------------------------|---------------------------|
| 2 c. fresh Lima beans                 | 1 tsp. crushed red pepper |
| 1/2 lb. ground beef                   | 1 tsp. salt               |
| 2 medium onions, sliced               | 1 tsp. chili powder       |
| 1 clove garlic, crushed               | 1/2 c. Cheddar cheese,    |
| 1 (28 oz.) can toma-<br>toes, drained | shredded                  |

Cook beans in boiling water until tender, about 20 to 30 minutes; drain, reserving 1 cup of liquid. Cook ground beef, onions and garlic in Dutch oven until meat is browned. Add Limas, reserved liquid, tomatoes, red pepper, salt and chili powder. Cover and cook an additional 10 minutes. Serves 6.

And--serve with Mexican corn bread!

Jack Boatner



## RED CABBAGE

- |                                          |                                             |
|------------------------------------------|---------------------------------------------|
| 5 slices bacon, cut in small pieces      | 1 1/2 c. water<br>salt and pepper           |
| 5 small potatoes, cut in quarters        | 1/2 head medium-sized red cabbage, shredded |
| 2 apples, peeled and cut in small pieces |                                             |

Brown bacon in pot you will be using. Add cabbage, apples and potatoes. Add water and seasoning. Cook about 50 minutes, covered, or until cabbage is cooked. Check water and perhaps add some if necessary. Stir mixture lightly before placing into serving dish.

In loving memory of  
Althea Ledoux

## SPINACH CASSEROLE

- |                              |                              |
|------------------------------|------------------------------|
| 1 pkg. frozen spinach        | 1 egg, beaten                |
| 1 tsp. sugar                 | 1 1/2 c. grated sharp cheese |
| 1/2 c. water                 | 2 slices bread, cubed        |
| 1 can cream of mushroom soup | 2 Tbsp. margarine, melted    |

Cook spinach and sugar in water for 5 minutes. Drain. Add mushroom soup, egg and sharp cheese. Top with bread cubes which have been tossed in the melted margarine. Bake in greased 1 1/2-quart casserole at 350° for 1 hour.

Myra Gilbert

## SPINACH SQUARES

- |                                        |                                       |
|----------------------------------------|---------------------------------------|
| 2 (10 oz.) pkg. frozen spinach, thawed | 1/4 c. bread crumbs                   |
| 3 Tbsp. butter                         | 1 (10 oz.) can cream of mushroom soup |
| 1 medium onion, chopped                | 1/4 c. grated Parmesan cheese         |
| 1/4 lb. mushrooms, sliced              | 1/8 tsp. salt                         |
| 4 eggs, beaten                         | 1/8 tsp. pepper                       |
|                                        | 1/8 tsp. basil                        |

Place spinach in strainer; press out all water. Melt butter in pan; add onion and mushrooms, stirring

## SPINACH SQUARES (Continued)

until onion is limp. Combine eggs, bread crumbs, soup, 2 tablespoons cheese and seasonings with spinach. Blend onion in. Turn into greased 9-inch square pan and sprinkle with remaining cheese. Bake at 325° for 35 minutes. Cool slightly and refrigerate. Cut into 1-inch squares. Serve cold or hot.

Virginia Sawrie

## SQUASH AND CARROT CASSEROLE

2 sticks oleo	3 medium carrots
1 pkg. Pepperidge Farm herb dressing	3 cans cream of chicken soup
3 lb. squash	1/2 pt. sour cream

Melt oleo; roll Pepperidge Farm dressing. Mix together and line large casserole, saving part for top.

Slice squash and grate carrots. Cook together until just tender. Drain and add soup and sour cream mixture. Pour into casserole; top with remaining crumbs. Bake at 350° for 30 minutes.

Serves large crowd, about 25.

Ruth Shinn

## SQUASH CASSEROLE

6 c. uncooked squash	1 c. grated carrots
1/2 c. onion	1/4 stick butter
1 can cream of chicken soup	1 pkg. Pepperidge Farm dressing
1 c. sour cream	almonds (optional)

Cook together the squash and onion; drain well. Mix together the soup, sour cream and grated carrots. Melt butter and mix with Pepperidge Farm dressing. Put 3/4 cup of dressing in bottom of baking dish. Mix all other ingredients. Pour into dish and cover with remaining dressing. Sprinkle with almonds if desired. Bake 20 minutes at 350°. Serve while hot. Makes 6 good servings.

Sue Freeman

## SQUASH CASSEROLE

- |                              |                      |
|------------------------------|----------------------|
| 1 lb. summer squash          | 1/4 c. butter        |
| 1 small onion                | 4 oz. cracker crumbs |
| 1 can cream of mushroom soup |                      |

Boil squash and onion in salted water. Drain and mash. Add remaining ingredients, reserving enough cracker crumbs to sprinkle on top.

Grated cheese may be added to crumbs on top.

Leona B. Moldenhauer

## SQUASH CASSEROLE

- |                                                                 |                                        |
|-----------------------------------------------------------------|----------------------------------------|
| 1 lb. squash, cooked<br>with chopped onion<br>(can be leftover) | 3 Tbsp. parsley<br>2 eggs<br>1 c. milk |
| 1 c. sharp cheese                                               | 2 Tbsp. butter or margarine            |
| 3 Tbsp. pimiento                                                |                                        |

Combine all ingredients and bake at 350° for 30 minutes.

Myra Gilbert

## SQUASH CASSEROLE

- |                                    |                                         |
|------------------------------------|-----------------------------------------|
| 2 lb. squash, peeled<br>and sliced | 1 carrot<br>1 onion                     |
| 1 pt. sour cream                   | 1 stick margarine, melted               |
| 1 can cream of chicken<br>soup     | 1 pkg. Pepperidge Farm<br>herb stuffing |

Cook squash until soft. Drain liquid. Grate carrot and onion. Add to squash. Stir in margarine, soup and sour cream. Mix in 3/4 bag of herb stuffing. Sprinkle the rest on top. Bake approximately 50 minutes or until bubbly at 350°.

Carolyn Keyes Bradshaw

## SWEET POTATO CASSEROLE

- |                       |                        |
|-----------------------|------------------------|
| 2 lb. sweet potatoes  | 1 tsp. salt            |
| 2 eggs                | 1/4 tsp. ground cloves |
| 1/4 c. brown sugar    | 1 tsp. ground cinnamon |
| 1/3 c. soft margarine |                        |

## SWEET POTATO CASSEROLE (Continued)

Glaze:

1/4 c. brown sugar	2 tsp. butter
2 tsp. orange juice	

Cook and mash potatoes. Blend eggs and sugar until smooth. Then add other ingredients. Put in 1- or 2-quart casserole. Sprinkle pecans on top and pour glaze over nuts.

Glaze: Combine and pour over nuts. Bake at 350° for 40 minutes. Then pour small marshmallows on top and return to oven until lightly browned.

Lorraine Early

## SWEET POTATO CASSEROLE

2 c. mashed sweet potatoes	2 eggs
1 1/4 c. white sugar	1/2 c. milk
3/4 stick oleo	1/2 tsp. nutmeg
	1/2 tsp. cinnamon

Topping:

3/4 c. crushed corn flakes	1/2 c. brown sugar
1/2 c. pecans or walnuts	3/4 stick melted oleo

Mix together and bake 20 minutes at 400°.

Topping: Combine corn flakes, nuts, sugar and oleo. Spread over potato mixture. Bake 10 minutes at 400°.

Helen Ort

## TASTY RICE

1/2 stick margarine	1 pkg. dehydrated onion soup mix
1 c. regular rice	4 c. water
2 Tbsp. chopped green pepper	blanched almonds (about 12), whole, halved or slivered

(Continued on Page 64)

## TASTY RICE (Continued)

Melt margarine in skillet. Add raw rice. Brown. Mix onion soup and water; let stand. Brown almonds with rice. Add soup and water. Bring to boil. Simmer for 20 minutes.

Myra Gilbert

## THANKSGIVING SWEET POTATOES

- |                                              |                                                       |
|----------------------------------------------|-------------------------------------------------------|
| 6 c. mashed sweet potatoes (or 3 large cans) | 1/2 c. orange juice (or small concentrate, undiluted) |
| 1 stick butter (or 1/2 small tub margarine)  | 2 tsp. salt                                           |
| 1/2 c. orange rind (or 1 spice jar)          | 3/4 box brown sugar (1/4 remaining for top)           |

Whip ingredients; place in baking dish (deep). Cover top with remaining brown sugar in box. Add marshmallows to top. Bake, covered, at 375° for 30 minutes. Bake, uncovered, until marshmallows slightly brown. Serves about 20.

Sally Laurell

## TURNIP CASSEROLE

- |                                             |                            |
|---------------------------------------------|----------------------------|
| 1 1/2 lb. turnips, peeled and thinly sliced | 1/3 c. chopped celery      |
| 2 Tbsp. butter                              | 2 Tbsp. flour              |
| 1 onion, thinly sliced                      | 1 c. milk                  |
| 2/3 c. chopped green pepper                 | 1/2 c. grated sharp cheese |
|                                             | salt and pepper to taste   |
|                                             | 3 Tbsp. bread crumbs       |

Cook turnips in boiling, salted water to cover, until just tender. Drain. Saute in butter the onion, pepper and celery until tender. Sprinkle with flour and cook 1 minute. Add milk and stir until thickened. Stir in cheese, salt and pepper. Combine cheese sauce with turnips; place in baking dish and top with crumbs. Brown under broiler. Serves 4.

May be prepared ahead and run under broiler just before serving. Very good with game.

Virginia Sawrie



## ZUCCHINI CASSEROLE

2 lb. zucchini or yellow summer squash	1/2 c. sour cream
1 medium onion, diced	2 large carrots, grated or shredded
1 can cream of chicken soup (undiluted)	1/2 lb. herbed dressing crumbs
	salt and pepper to taste

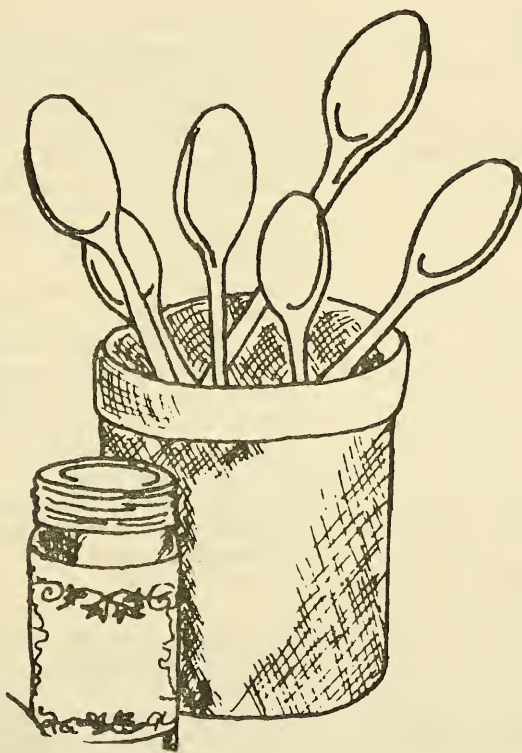
Slice zucchini or yellow squash and saute with diced onion until just tender. Combine soup, sour cream, carrots, salt and pepper. Add to squash and onion. Butter crumbs and line bottom of casserole. Add all of squash mixture. Cover with remaining crumbs. Bake 45 minutes at 350° until hot and bubbly.

Marion Schlack

\*\* EXTRA RECIPES \*\*



**Breads, Rolls,  
Pies & Pastry**



# Baking Tips

## COMMON PROBLEMS

### [Common Failures]

#### Biscuits

- Rough biscuits
- Dry biscuits
- Uneven browning

#### Breads (yeast)

- Porous bread
- Crust is dark and blisters just under the crust
- Bread does not rise
- Bread is streaked
- Bread bakes unevenly

#### Cakes

- Cracks and uneven surface

#### Dry cakes

- Heavy cakes
- Sticky crust
- Coarse grained cake

#### Fallen cakes

#### Uneven color

#### Uneven browning

#### Cookies

- Uneven browning

#### Soggy Cookies

- Excessive spreading of cookies

#### Muffins

- Coarse texture

- Tunnels in muffins, peaks in center and soggy texture

#### Pies

- Pastry crumbles
- Pastry tough

- Pies do not brown (fruit or custard)

## CAUSES OF PROBLEMS

### [Causes of Failures]

#### Insufficient mixing

- Baking in to slow an oven and handling too much

- Cooking in dark surface pan, too high a temperature and rolling the dough too thin

- Over-rising or cooking at too low a temperature

#### Under-rising

- Over-kneading or using old yeast

- Under-kneading and not kneading evenly

- Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature

- Too much flour, too hot an oven and sometimes from cold oven start

- Too much flour, too little shortening too much baking powder or cooking at too low a temperature

- Too much sugar or baking too short a period

- Too much sugar

- Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature

- Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder

- Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans

- Not mixing well

- Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven

- Cooling cookies in pans instead of racks

- Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature

- Insufficient stirring and cooking at too low a temperature

- Overmixing

#### Over-mixing flour and shortening

- Using too much water and over-mixing the dough

- Bake at constant temperature (400-425 degrees ) in Pyrex or enamel pie pan

BRENDA'S MUFFINS

1 1/2 c. self-rising flour	1/4 c. margarine
1/2 c. sugar	1/2 c. milk
	1 egg

Filling:

1/2 c. brown sugar	2 Tbsp. melted butter
1/2 c. chopped pecans	2 tsp. cinnamon
2 Tbsp. flour	

Mix flour, sugar, margarine, milk and egg together until creamy.

Filling: Mix together ingredients for filling.

In greased muffin pans, alternate batter and filling 2 times. Bake at 350° for 15 minutes.

Brenda Grinar

CORN BREAD

1 box Flako or 12 oz. size corn bread mix	1 (No. 2) can cream-style corn
1 small carton sour cream (1/2 pt.)	1 tsp. salt
	1/2 c. salad oil
	3 eggs, beaten slightly

Mix all ingredients together. Pour into one 9 x 12-inch or two 8 x 8-inch greased pans or muffin tins. Bake at 375° for 30 minutes.

Charlotte Pickett

EASY SPOON BREAD

1 c. hot water	1 tsp. salt
1 c. corn meal	1/2 tsp. soda
1 c. buttermilk	2 eggs, beaten
1 Tbsp. sugar	2 Tbsp. butter, melted

Boil water; pour over sugar, salt and corn meal. Dissolve soda in milk and add. Beat eggs and add to

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mixture. Bake at 375° for 30 to 40 minutes (depends on size dish you use to bake in).

Lucille Williams

### PINEAPPLE-WALNUT BREAD

1 1/2 c. firmly packed brown sugar	3/4 tsp. salt
1/2 c. shortening	1 (6 oz.) can frozen orange juice, thawed
2 eggs	1 (15 oz.) can crushed pine- apple, undrained
4 c. flour	1 c. chopped walnuts
2 tsp. soda	

Cream sugar and shortening until light. Add eggs; beat well. Combine flour, soda and salt; add to creamed mixture alternately with orange juice, beating well after each addition. Stir in pineapple and nuts.

Spoon batter into 2 greased and floured 8 1/2 x 4 1/2 x 2 5/8-inch loaf pans. Bake at 350° for 50 to 60 minutes.

Can be iced over top.

Evelyn Ledoux

### SWEDISH LIMPA (Rye Bread)

2 pkg. dry yeast	grated rind of 1 or 2 oranges
1 1/2 c. water (110° to 115°)	1 tsp. anise seed
1/4 c. molasses	2 1/2 c. rye flour
1/3 c. brown sugar	2 1/2-3 c. bread or regular flour
1 Tbsp. salt	small amount corn meal
2 Tbsp. soft shortening	

Dissolve yeast in warm water. Stir in molasses, sugar, salt, shortening, orange rind and anise. Mix in rye flour until smooth. Add regular flour until dough handles easily. Knead until smooth and elastic. Place in greased bowl. Cover; let rise until about doubled. Make into 2 flat balls and place in 2 greased, corn meal-sprinkled cake pans. Cover; let rise until nearly

doubled. Bake at 375° for 35 minutes or until brown and taps to sound hollow.

Ann Gilbert

# WHOLE WHEAT BREAD

4 1/2 c. whole wheat flour	2 pkg. dry yeast
2 3/4 c. regular white or bread flour	1 1/2 c. water (110° to 115°)
3 Tbsp. brown sugar	3/4 c. milk
4 tsp. salt	1/3 c. molasses
	1/3 c. margarine

Dissolve yeast in 1/2 cup warm water. In large bowl combine white and wheat flour. In mixer bowl combine 2 1/2 cups mixed flour, sugar, salt and dissolved yeast. In pan combine remaining 1 cup water, milk, molasses and margarine; heat to 110° to 115°. If mixture gets warmer, cool down to not over 115°. Add to flour-yeast mixture with enough extra flour to make soft dough. Beat 2 minutes at medium speed. Add additional flour, beating on medium to make stiff workable dough. Knead 8 to 10 minutes until smooth and elastic. Place covered in greased bowl and let rise until double. Punch down; shape into 2 loaves. Place into 2 greased loaf pans. Cover; let rise until doubled. Bake at 375° about 35 minutes or until brown and hollow sounding when tapped.

Ann Gilbert

# BLUEBERRY MUFFINS

1 c. bran (Kellogg's Bran Buds good)	2 1/2 tsp. baking powder
3/4-1 c. milk	1/2 tsp. salt
1 egg	1/4 c. sugar (more if berries unsweetened)
1/4 c. oil	1/2 c. blueberries (fresh or frozen), partially thawed
1 c. flour	

Combine bran and milk; let stand a few minutes. Add egg and shortening; beat well. Sift together flour, baking powder, salt and sugar. Add to first mixture.

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## BLUEBERRY MUFFINS (Continued)

Add blueberries and stir only until combined. Fill well-greased muffin pan  $\frac{2}{3}$  full. Bake in moderately hot oven ( $400^{\circ}$ ) about 25 minutes. Cool a little; then turn out. Yields about 12 muffins, medium sized.

Emma S. Fink

## MORAVIAN LOVE FEAST BUNS

1 c. unseasoned mashed potatoes	2 eggs, beaten
$\frac{1}{2}$ c. scalded milk	1 Tbsp. grated orange rind
1 c. sugar	1 Tbsp. grated lemon rind
$\frac{1}{2}$ c. butter	1 Tbsp. orange juice
$\frac{1}{2}$ tsp. salt	1 tsp. lemon juice
3 pkg. dry yeast	1 tsp. nutmeg
$\frac{1}{2}$ c. warm water ( $110^{\circ}$ to $115^{\circ}$ )	1 tsp. mace
	6-8 c. flour

Scald milk; cool to  $110^{\circ}$  to  $115^{\circ}$ . Dissolve yeast in warm water. Combine sugar, butter and salt. Stir in milk, potatoes, yeast, eggs, fruit peels, juices and spices. Add  $2\frac{1}{2}$  cups flour and beat until smooth. Add enough additional flour to make a soft workable dough.

Turn out onto floured board and knead until smooth and elastic. Place covered in greased bowl and let rise until doubled. Punch down; cover and let rest 10 minutes. Shape into cakes about 2 inches in diameter. Prick or cut an "M" or a cross on top of each cake. Cover and let rise until doubled. Bake at  $350^{\circ}$  for 15 to 20 minutes or until golden brown. Makes about 60.

Ann Gilbert

## PERFECT ROLLS

1 c. milk, scalded (cool to lukewarm)	2 tsp. salt
1 c. hot mashed potatoes (cool to lukewarm)	1 pkg. yeast
$\frac{1}{3}$ c. shortening	$\frac{1}{2}$ c. lukewarm water
$\frac{1}{4}$ c. sugar	2 beaten eggs
	1 $\frac{1}{2}$ c. flour
	additional flour ( $3\frac{1}{2}$ - $4\frac{1}{2}$ c.)

Put scalded milk and mashed potatoes in mixer; add shortening, sugar and salt. Mix well and add yeast which has been dissolved in the lukewarm water, eggs and flour. Beat well; cover and let stand 1 hour or until bubbly. Add 3 1/2 cups to 4 1/2 cups additional flour until fairly stiff dough. Knead well. Place in greased bowl; cover and refrigerate at least overnight.

Shape and place in greased pan, butter on top of rolls; let rise (cover pan) until double. Bake at 400° for 15 to 20 minutes.

Freeze beautifully.

Sammie Lou Anderson

### "RIZ" BISCUITS

5 c. flour	1/2 c. shortening
2 tsp. salt	1/2 tsp. soda
3 tsp. baking powder	1 cake yeast
2 Tbsp. sugar	2 c. buttermilk

Add yeast and soda to warm buttermilk. Mix dry ingredients with shortening. Add milk containing yeast and soda. Roll and cut them. Brush with melted butter. Place another biscuit on top. Brush with butter. Let rise 15 minutes and then bake at 425° to 450°.

Anne Stanley

### 6-WEEK BRAN MUFFINS

3 c. all-bran	2 1/4 c. flour (plain)
1 c. boiling water	2 1/2 tsp. soda
1 c. sugar	1 tsp. salt
2 eggs, beaten	1/2 c. cooking oil
1 pt. buttermilk	

Put 1 cup all-bran in a large mixing bowl. Add boiling water. Let stand while preparing other ingredients. Mix other ingredients and mix well. Add to the bran and boiling water mixture. Mix well. Cover and store in refrigerator overnight or 6 weeks.

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Bake as needed. Fill muffin tins  $\frac{2}{3}$  full and let rise about 5 to 10 minutes before baking. Bake at  $400^{\circ}$  for 15 to 20 minutes.

Cora J. Johnson

### TOMATO-CHEESE BISCUITS

2 c. plain flour	3 Tbsp. shortening (or
$\frac{1}{2}$ tsp. soda	butter)
2 tsp. baking powder	1 c. grated Cheddar cheese
1 tsp. salt	$\frac{2}{3}$ c. tomato juice

Mix dry ingredients; cut in shortening. Add cheese; mix well. Add tomato juice to make soft dough. Roll and cut. Bake 12 to 15 minutes at  $425^{\circ}$ .

Good for ham biscuits or serve hot with butter and eat with meal or salads.

SammieLou Anderson

### BLACK FOREST PIE

1 pie shell, unbaked	chocolate cream cookies
1 can cherry pie filling	whipped cream

Arrange pie crust in 9-inch pan. Spread  $\frac{1}{3}$  of cherry filling on crust. Place layer of cookies on top of cherry filling; pour remaining filling over cookies. Bake 25 minutes at  $400^{\circ}$ . Cool. Cover with whipped cream and crumbled cookies.

Leona B. Moldenhauer

### CHOCOLATE CHESS PIE

1 $\frac{1}{2}$ sq. baking choco-	$\frac{1}{2}$ c. white sugar
late	1 Tbsp. flour
1 stick margarine	2 eggs
1 c. brown sugar,	sweet milk
packed	1 tsp. vanilla
	1 unbaked pie crust

Melt chocolate with margarine. Stir in brown sugar and white sugar to which the flour has been



## CHOCOLATE CHESS PIE (Continued)

added. Add eggs, 1/2 eggshell of sweet milk and the vanilla. Pour into pie crust. Bake at 350° for 30 to 40 minutes or until set.

Ann Gilbert

## CHOCOLATE PECAN PIE

1 c. sugar	2 well-beaten eggs
1/4 c. flour	1 c. broken pecans
2 Tbsp. cocoa	1 tsp. vanilla
1/2 c. (1 stick) butter (or margarine)	1 unbaked pie crust

Sift together sugar, flour and cocoa. Melt butter (oleo) and pour over dry mixture. Add well-beaten eggs, pecans and vanilla. Pour in unbaked pie crust and bake 35 minutes at 325°.

Scotty Carter

## CHOCOLATE WAFER PIE

3/4 c. chocolate wafer crumbs	3/4 c. sugar
3 egg whites	1 tsp. vanilla
dash salt	1/2 c. chopped pecans

Beat egg whites and salt until frothy. Add vanilla and sugar; beat until peaks form. Fold in cookie crumbs and nuts. Bake in greased pie dish at 325° for 1/2 hour. Serve with whipped cream topping garnished with wafer crumbs.

Freezes well.

Mary Parnell

## COCOA GERMAN - CHOCOLATE PIE

3 c. granulated sugar	1 tsp. vanilla
pinch salt	1 tall can evaporated milk
7 Tbsp. cocoa	1 stick margarine, melted
4 eggs	2 c. flaked coconut

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Mix above ingredients and pour into 2 unbaked pie shells. Bake at 350° for 40 minutes or until firm.

Ann Gilbert

### CONCORD GRAPE PIE

4 c. Concord grapes	1 Tbsp. lemon juice
2 1/2 Tbsp. flour	1 Tbsp. butter or margarine
1 1/4 c. sugar	pastry for 9-inch, 2-crust
1/4 tsp. salt	pie
1/8 tsp. ground cloves	sugar
1/2 tsp. grated lemon peel	

Heat oven to 425°. Wash and stem Concord grapes. Slip off skins and reserve them. Cook grape pulp over moderately low heat (about 225°) for 3 to 4 minutes. Rub hot pulp through a sieve to remove seeds. Combine sieved pulp, grape skins, flour, sugar, salt, cloves, lemon peel, lemon juice and butter.

Roll out half the pastry and line a 9-inch pie plate. Pour grape mixture into shell. Roll remaining pastry and cut into 1/2-inch wide strips. Weave strips in lattice over top. Sprinkle lightly with sugar. Trim and seal edges. Bake 45 minutes. Serves 6 to 8.

Emily T. Speer

### CONCORD GRAPE PIE

4 c. Concord grapes	2 Tbsp. butter, melted
(1 1/2 lb.)	1 (9-inch) unbaked pastry
1 c. sugar	shell
1/3 c. flour	1/2 c. flour
1/4 tsp. salt	1/2 c. sugar
1 Tbsp. lemon juice	1/4 c. butter

Slip skins from Concord grapes. Set skins aside. Bring pulp to boil; reduce heat and simmer, uncovered, 5 minutes. Sieve to remove seeds; add skins.

Mix 1 cup sugar, flour and salt. Add lemon juice, melted butter and grape mixture. Pour into unbaked pastry shell. Bake at 400° for 25 minutes.

Meanwhile, sift 1/2 cup flour with 1/2 cup sugar. Cut in 1/4 cup butter until crumbly. Sprinkle atop pie. Bake 15 minutes more.

Emily Hedrick

### EASY COCONUT CUSTARD PIE

1 3/4 c. homogenized	grated rind of 1 orange
or part buttermilk	1/2 tsp. vanilla
1/2 c. white sugar	1/4 c. (1/2 stick) Fleisch-
1/2 c. Bisquick mix	mann's corn oil margarine
4 eggs	1 pkg. frozen coconut

Grease 9-inch (deep) pie plate. Put first 6 ingredients in bowl or blender. Mix thoroughly; then add melted and cooled corn oil margarine and 1/2 of the coconut. Beat again. Pour into pie plate and cover with remaining coconut. Bake at 350° for 40 minutes or until knife cuts clean in center.

Also good without coconut and orange rind, but adding nutmeg over top of pie. It forms its own crust! Store leftovers in refrigerator.

Carolyn Shinn Thompson

### FROZEN LIME PIE

2 (9-inch) pie shells	1 can sweetened condensed
6 egg whites	milk
6 tsp. white sugar	1/2 lime (juice)
6 egg yolks	2 drops green food coloring

Beat egg whites stiff; then add sugar and beat. Set aside. In large bowl, beat egg yolks until creamy. Then add condensed milk, lime juice and food coloring. Beat until thoroughly mixed. Then fold in beaten egg white mixture. Pour into prepared and baked pie crusts. Freeze uncooked pies. When frozen, slip into plastic bags and secure ends. Can be cut with knife dipped in hot water; any amount, any time.

Carolyn Shinn Thompson

## HOT FUDGE PIE

1 stick butter or margarine	1 c. sugar
2 sq. unsweetened chocolate	1/4 c. flour
2 eggs	1/2 tsp. salt
	1 tsp. vanilla

Melt butter and chocolate over low heat; set aside. Beat eggs and add the sugar, flour and salt. Beat well and add vanilla; beat again. Pour into greased metal pie plate (glass burns). Bake at 350° for 20 minutes or until knife cuts dry in center. Serve warm with vanilla ice cream.

Gloria Thompson Goss

## IMPOSSIBLE LIME PIE

1 (12 oz.) carton whipped topping	1 can condensed milk
1 small can limeade concentrate	5 drops green food coloring
	2 pie shells, baked

Put all of the above ingredients together except baked pie shells and mix well. Pour in pie shells. Refrigerate for 1 to 2 hours. Take out and eat.

Laurie Bostelman

## JAPANESE FRUIT PIE

1 stick oleo, melted	1/2 c. raisins
2 eggs, slightly beaten	1/2 c. coconut
1 c. sugar	1 tsp. vanilla
1/2 c. nuts	1 unbaked pie shell

Mix all together. Pour in unbaked pie shell and bake 40 minutes at 300°.

Variation: Substitute 1/2 cup chocolate chips for 1/2 cup raisins.

Scotty Carter

## KENTUCKY DERBY PIE

1/2 c. butter	1/2 c. flour
1 c. sugar	2 eggs

## KENTUCKY DERBY PIE (Continued)

1 c. chopped pecans	whipped cream (optional)
1 tsp. vanilla	1 (9-inch) unbaked pie shell
1 c. semi-sweet chocolate bits	

Preheat oven to 350°. Beat eggs. Cream eggs, butter, sugar, flour and vanilla. Add nuts and chocolate chips. Pour into unbaked shell. Bake 50 minutes in 350° oven. Serve slightly warm. Garnish with whipped cream, if desired.

Emily T. Speer

## KEY LIME PIE

3 egg yolks	1 baked pie shell or 1
1 can sweetened condensed milk	graham cracker shell
	whipped cream
3/4 c. lime juice or 1 can frozen lime concentrate	

Whip egg yolks with condensed milk. Gradually beat in lime juice or concentrate. Pour into a baked or graham cracker shell. Chill 6 hours. Cover with whipped cream.

Evelyn Ledoux

## LEMON CHESS PIE

2 c. granulated sugar	1/4 c. margarine, melted
1 Tbsp. flour	1/4 c. milk
1 Tbsp. corn meal	4 Tbsp. grated lemon rind
4 eggs	1/4 c. lemon juice

Mix above ingredients well. Pour into unbaked pie shell and bake at 375° for 35 to 45 minutes or until golden brown and set. Makes 1 pie.

Double recipe fills 24 ready-made frozen small tart shells. Bake tarts at 350° for 25 minutes.

Ann Gilbert

## LEMONADE PIE

1 (6 oz.) can pink lemonade (undiluted)	1 can Eagle Brand milk
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## LEMONADE PIE (Continued)

1 small carton (4 oz.)  
Cool Whip

1 prepared graham cracker  
crust

Mix together lemonade, Eagle Brand condensed milk and Cool Whip. Pour into prepared graham cracker pie crust. Chill. For decoration sprinkle slivered almonds on top. Serves 8.

Carole Stephan

## PECAN CREAM PIE

1 (9-inch) baked pie  
shell  
1 (8 oz.) pkg. cream  
cheese, softened  
3/4 c. light brown  
sugar

1/8 tsp. salt  
1 tsp. vanilla  
2 eggs, separated  
1 c. heavy cream, whipped  
1 c. grated pecans

Blend cream cheese, 1/2 cup sugar, salt and vanilla. Beat in egg yolks one at a time. Beat egg whites until stiff, but not dry. Gradually beat in 1/4 cup sugar; beat until stiff and glossy. Fold into above mixture. Fold in whipped cream, leaving about 1/4 of the cream to spread over top of pie. Grate or grind (I put mine through the blender) the pecans or chop them real fine. Spread the pecans (leaving out about 1/4 cup) over the bottom of cooled pie shell. Fold about half of the remaining nuts into the filling and pour into the pie shell. Chill the pie for about an hour; then spread remaining whipped cream over the top of pie, using the rest of the nuts to decorate. Chill overnight.

Helen Kirst

## PECAN PIE

1/2 c. sugar  
2 Tbsp. butter  
2 eggs, beaten  
2 Tbsp. flour

1/4 tsp. salt  
1 tsp. almond extract  
1 c. white Karo syrup  
1 1/2 c. chopped pecans

Cream butter and sugar. Add beaten eggs and Karo syrup. Add flour, salt and almond extract; stir well. Add pecans and pour in a pie shell and bake in a

## PECAN PIE (Continued)

moderate oven of 350° for 45 minutes or until knife inserted in center comes out clean.

Note: Nuts may be left whole as variation.

Kay Parkhurst

## PECAN PIE

1 c. chopped pecans	1/2 c. dark corn syrup
2 eggs	1/4 c. melted margarine
3/4 c. brown sugar	

Sprinkle nuts into unbaked pie shell. Beat eggs. Stir in melted butter and sugar. Pour over nuts in 1 pie shell or 12 ready frozen tart shells. Bake at 350° for 30 minutes or until done.

Myra Collson

## FLYING SAUCERS

1 recipe plain pasty for double-crust pie (add 1 tsp. vanilla to pastry) margarine	brown sugar cinnamon nuts nutmeg raisins
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Roll out pastry. Cut in even number of circles with small biscuit cutter. Spread circles with margarine. On half the circles sprinkle brown sugar, cinnamon, nutmeg, chopped nuts and raisins. Place a circle on top and press edges together. Place on well-greased cookie sheet and bake at 425° for approximately 10 minutes, or until lightly brown. Sprinkle sugar on top after removing from oven.

Munch out!

Michele Thomas

## FRENCH FRIED BREAD DOUGH

1 or 2 frozen bread dough loaves (or homemade bread)	1 qt. Crisco oil Vermont maple syrup
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Leave bread dough out overnight. In the morning, knead dough well. Then roll out the dough and cut squares about 3 to 4 inches in size. Cut slits through the centers of each square. Let set about 1/2 hour. Then fry in deep fat (Crisco oil). Dip in Vermont syrup while eating. With a cup of hot coffee! Mmnn good!

Note: Homemade bread is always better with flavor of yeast more noticeable.

Elizabeth Navilliat

## MOTHER'S STICKIES

flour	milk
salt	brown sugar
baking powder	butter or margarine
Crisco	hot water

Using first 5 ingredients, make your favorite biscuit dough. Make it short (using extra amount of shortening). Roll it out, cover with dots or blobs of soft butter or margarine, and sprinkle brown sugar over the surface. Roll up dough and cut or slice roll, making pinwheels. Place these in a rectangular or square greased baking dish. Pour hot water over the biscuits until it fills the dish up to 1/2 the thickness of the biscuits. Bake in preheated oven of 350° for about 30 minutes. Eat while warm!

Lou B. Martin  
Berdie Burleson

## PEAR TARTS

1 lb. pears	shortening
1/4-1/2 c. honey	wheat flour
cinnamon	white flour
nutmeg	brown sugar

Peel pears and boil until soft. Cut into 1-inch cubes. Add honey, cinnamon and nutmeg (to taste).

Roll dough made from 1/2 wheat flour and 1/2 white flour into 5-inch squares. Add pear filling. Pinch

PEAR TARTS (Continued)

into triangles and seal, but leave holes. Fry (or bake).  
Sprinkle with brown sugar.

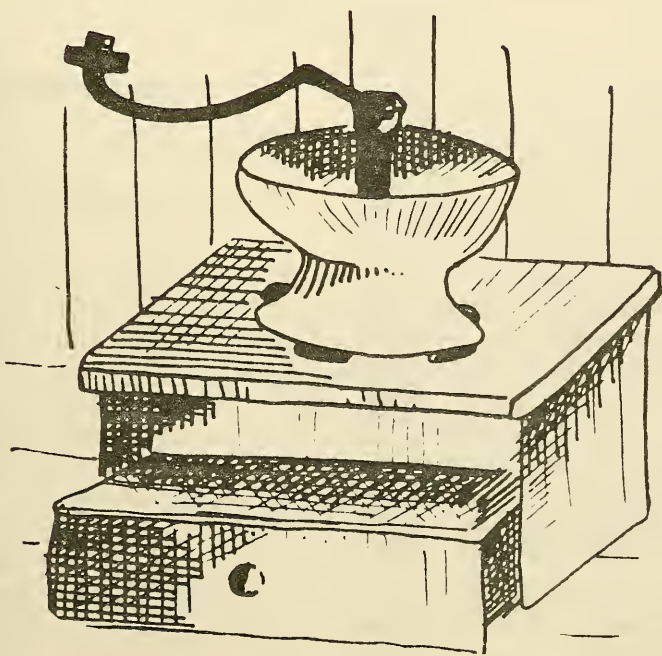
Laura Cassels

\*\* EXTRA RECIPES \*\*

\*\* EXTRA RECIPES \*\*



# Low-Calorie Dishes



# Weights, Measures and Equivalents

## EQUIVALENTS

Dash .....	less than 1/8 teaspoon
A few grains .....	less than 1/8 teaspoon
1 coffee spoon .....	1/4 teaspoon
3 teaspoons .....	1 tablespoon
2 tablespoons .....	1 liquid ounce
4 tablespoons .....	1/4 cup
5 tablespoons .....	1/3 cup
1 1/2 ounce .....	1 jigger
1/2 jigger .....	1 pony
16 tablespoons .....	1 cup
1 cup .....	1/2 pint
2 cups .....	1 pint
2 pints .....	1 quart
4 cups .....	1 quart
4 quarts .....	1 gallon
8 quarts .....	1 peck
4 pecks .....	1 bushel
16 ounces .....	1 pound
1 pound .....	454 grams
2 pounds, 2 ounces .....	1 Kilogram (1000 grams)
1 cup baking powder .....	5 1/2 ounces
1 pound flour all purpose .....	4 cups
cake .....	4 1/2 cups
Graham .....	3 1/2 cups
1 pound butter .....	2 cups
1/2 pound butter .....	2 sticks
1 stick butter .....	1/2 cup or 8 Tbsps.
1/4 pound grated cheese .....	1 cup
1 pound cheese .....	2 2/3 cups
1 pound brown sugar (1 box) .....	2 1/2 cups
1 pound confectioners (1 box) .....	2 1/2 cups
1 pound granulated sugar .....	2 cups
1 pound cube sugar .....	96-160 cubes
1 pound seeded raisins .....	2 1/2 cups
1 pound seedless raisins .....	3 cups
1 pound coffee .....	5 cups
yield 40-50 cups of coffee	
1 pound rice .....	2 cups
yield 3-4 cups cooked rice	
1 pound cocoa .....	4 cups
1 square chocolate .....	1 ounce
or 3 tablespoons grated chocolate	
1/2 pound marshmallows .....	16 marshmallows
1 pound crab meat .....	2 cups
1 pound pitted dates .....	2 cups
1 pound figs (chopped) .....	3 cups

## EQUIVALENTS

1 pound nut meats (chopped) .....	4 cups
1 cup noodles .....	1 1/2 cups when cooked
1 egg .....	1/4 cup
5 eggs .....	1 cup
9 eggs .....	1 pound
7-9 egg whites .....	1 cup
12-14 egg yolks .....	1 cup
1 lemon, ave. size .....	3 tablespoons juice
5-8 medium lemons .....	1 cup
1 lemon rind .....	1 tablespoon, grated
1 orange .....	2-3 tablespoons juice
3-4 medium oranges .....	1 cup juice
1 orange rind .....	2 tablespoons, grated
4 medium tomatoes .....	1 pound
3 large bananas (skin on) .....	1 pound
2 quarts apples .....	3 pounds
4 medium potatoes .....	1 pound
1 pound peas, in pod .....	1 cup when shelled
23 soda crackers .....	1 cup crumbs
15 graham crackers .....	1 cup crumbs
1 pound cornmeal .....	3 cups
1 pound cornstarch .....	3 cups

## A MINERAL PRIMER

Mineral	Use	Best Sources
Iron	For healthy red blood cells.	Dried Fruits, liver, lean peas or beans, green vegetables, molasses, eggs.
Calcium	For strong bones and teeth	Cheese, milk, leafy greens
Phosphorus	For development of healthy bones and teeth.	Cereals, cheese, eggs, milk, meat, fish, dried peas or beans.

## LOW CALORIE DISHES

### CHICKEN SUBGUM

2 chicken bouillon cubes	1 (8 oz.) can water chestnuts, drained and diced
1 1/2 c. water	1 1/2 tsp. dehydrated minced onion
2 c. diced cooked chicken	2 Tbsp. cornstarch
1 1/4 c. sliced celery	3 Tbsp. soy sauce
1 (16 oz.) can Chinese vegetables, drained	

Dissolve bouillon cubes in hot water in pan. Add remaining ingredients except cornstarch and soy sauce. Heat to boiling. Reduce heat and simmer 10 minutes, uncovered. Mix cornstarch and soy sauce. Add to chicken mixture. Cook over medium heat, stirring until thickened and clear. May be served over chow mein noodles. Add 1 bread and 1 fat exchange for 1/2 cup noodles.

Exchange per 1-cup serving: 2 lean meat, 1 vegetable, 1/2 bread.

One-cup serving is 160 calories.

Ruth Meissner

### MIRACLE SOUP

1 small head cabbage	1 1/2 lb. canned tomatoes (or fresh)
1 large onion	
several stalks celery and tops	1 envelope Lipton onion soup mix
1 small green pepper	1 beef bouillon cube

Slice cabbage and onion. Chop celery and green pepper. Put all ingredients in large soup pot and add water to 3/4 full. (Will not cover vegetables.) Bring to boil; reduce heat and simmer, covered, for 2 hours.

The soup will aid in weight loss. Eat all you want and as often as you wish. Amounts will vary in vegetables, but do not add anything else. Add this to your diet or eat to maintain your desired weight.

Claire Wollenhaupt

## STRAWBERRY-PINEAPPLE DELIGHT

1 envelope unflavored gelatin	1/2 c. unsweetened crushed pineapple, drained
1/3 c. cold water	3/4 c. unsweetened frozen strawberries, thawed
1 c. vanilla ice milk	

Sprinkle gelatin over cold water. Place over low heat, stirring constantly until gelatin dissolves. Add ice milk and fruits. Stir until mixed. Portion into 4 individual dishes. Refrigerate until serving time. Do not freeze. Yields 2 cups or 4 servings.

Exchanges per 1/2-cup serving: 1/2 bread, 1/2 fat, 1/2 fruit.

Calories: 82 per 1/2-cup serving.

Ruth Meissner

## SUGARLESS COOKIES

1 3/4 c. flour	1/2 tsp. grated orange rind
2 tsp. baking powder	1/2 c. minus 1 Tbsp. vegetable oil
1/2 tsp. salt	1 egg
1/2 tsp. cinnamon	1/2 c. chopped walnuts
3/4 c. orange juice	1/2 c. raisins

Preheat oven to 375°. Combine dry ingredients. Add remaining ingredients; mix well. Drop by teaspoon on ungreased cookie sheet to make 32 to 34 cookies. Bake about 15 to 20 minutes. When done, remove from pan and cool.

Exchange per 2-cookie serving: 1 bread, 1 1/2 fat.

Calories: 144 per 2 cookies.

Ruth Meissner

## TANGY APRICOT MOLD

1 (1 lb.) can unsweetened apricot halves	1 envelope unflavored gelatin
1/2 c. water	1 Tbsp. lemon juice
	1/2 c. club soda

Drain and puree apricots in blender or sieve. Combine water and gelatin in a saucepan. Heat to boiling, stirring. Remove from heat. Add lemon juice and

apricot puree. Stir to mix well. Add club soda. Mix. Divide into 4 gelatin molds.

Ruth Meissner

### TURKEY OR CHICKEN POT PIE

2 c. diced cooked turkey	1 c. sliced cooked carrots
1 Tbsp. flour	1/2 c. water
1 c. chopped onion	1 can cream of mushroom soup
1/4 c. sliced celery	1 c. cooked cut green beans
1/2 tsp. crushed thyme	1 pkg. ready-to-bake refrigerated biscuits
1/8 tsp. pepper	
1 Tbsp. margarine	

Preheat oven to 350°. Toss turkey with flour in plastic bag. Set aside.

In frying pan, cook onion and celery with thyme and pepper in margarine until tender. Add carrots, water, soup, green beans and turkey. Pour into 2-quart casserole. Split biscuits in half and place on top. Bake for 30 minutes.

Exchange per 1-cup serving: 2 lean meat, 2 vegetable, 1 bread, 2 fat.

Calories: 338 per 1-cup serving.

Ruth Meissner

### ZUCCHINI AND SPINACH CASSEROLE

1 (10 oz.) pkg. frozen chopped spinach	1 tsp. margarine.
1/2 tsp. nutmeg	1 tsp. seasoned salt
2 c. sliced zucchini	1/2 c. grated Parmesan cheese
2 Tbsp. water	1/2 c. grated Swiss cheese or Mozzarella cheese

Preheat oven to 350°. Cook spinach according to package directions. Drain and add nutmeg.

Combine zucchini, water, margarine and seasoned salt in skillet. Cover. Steam for 5 minutes.

Mix cheeses. In 8-inch casserole, layer spinach, zucchini and cheese mixture. Bake for 20 minutes.

(Continued on Page 86)



ZUCCHINI AND SPINACH CASSEROLE  
(Continued)

Exchanges per 1/2-cup serving: 1 medium fat  
meat, 1 vegetable.

Yield of 102 calories per 1/2-cup serving.  
Ruth Meissner

\*\* EXTRA RECIPES \*\*

Cakes, Cookies,  
& Confections



# Candy Testing

**Thermometer Test:** Check candy thermometer in boiling water. If it doesn't register 212 degrees, add or subtract the same number of degrees in recipe. Always make sure candy thermometer is covered with liquid, not just foam. Clip it to the side of the pan after syrup boils.

**Cold-Water Test:** Remove candy from fire. Drop a little syrup into small bowl of very cold, but not ice cold, water. Use a fresh cupful of cold water for each test. Form into ball with fingers, if possible.

CANDY	DEGREES	STAGE	COLD WATER TEST
	230-234 degrees	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240 degrees	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water
Divinity, Caramels	244-248 degrees	Firm ball	Candy will roll into a firm ball but not hard ball which will not lose its shape upon removal from water.
Taffy	250-266 degrees	Hard ball	Syrup forms hard ball, although it is pliable
Butterscotch	270-290 degrees	Light Crack	Candy will form threads in water which will soften when removed from water
Peanut Brittle	300-310 degrees	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321 degrees	Caramelized	Sugar first melts, then becomes a golden brown and will form a hard, brittle ball in cold water

## APPLE CAKE

3 eggs, well beaten	2 tsp. vanilla
2 c. sugar	3 c. flour
1 c. Wesson oil	1 tsp. baking soda
3-4 c. diced apples	1 tsp. soda
1 c. chopped pecans	

## Icing:

1 stick oleo	1/4 c. canned cream (Pet
1 c. light brown sugar	evaporated milk)
	1 tsp. vanilla

Mix first 3 items. Add diced apples, pecans and vanilla. Sift flour with baking powder and soda; mix with above ingredients. Bake in layers or as a sheet cake. Put in cold oven, set at 325° and bake 45 minutes. Cool and ice.

Icing: Bring margarine, sugar and cream to a rolling boil. Let cool and add vanilla.

Scotty Carter

## BROWNIE CUPCAKES

3 sq. unsweetened chocolate (or 9 Tbsp. cocoa and 3 Tbsp. shortening)	1 1/2 c. chopped pecans
2 sticks margarine	1 3/4 c. sugar
	4 eggs
	1 c. flour
	1 tsp. vanilla

Melt chocolate (or cocoa) and margarine. Stir in nuts. Add sugar, eggs and vanilla. Add flour. Bake in cupcake paper-lined pans filled 3/4 full at 325° for 25 to 35 minutes, or until toothpick comes out clean. Makes about 20.

Charlotte Pickett

## CHEESE CAKE

4 (8 oz.) pkg. cream cheese (room temperature)	1 pt. sour cream of your choice
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(Continued on Page 88)

## CHEESE CAKE (Continued)

6 fresh eggs	1 Tbsp. vanilla or lemon
1 1/2 c. sugar	flavoring
	2 Tbsp. (heaping) cornstarch

Beat well the cream cheese and sour cream in bowl; set aside. In another bowl, beat eggs, sugar, vanilla and cornstarch. Beat this well; add this to cream cheese in first bowl and beat well again. Pour into greased spring-form pan. Bake in slow oven, 325°, for 1 hour; then turn oven off and let cake rest there for 15 minutes. Put cake in broiler for browning the top; remove.

Grace Meyers

## CHEESE CAKE (Simple)

### Crust:

2 c. graham cracker crumbs	1/2 c. melted butter or margarine
	1/2 c. sugar

### Cake:

2 (8 oz.) pkg. cream cheese	3 eggs
1/2 c. sugar	1 pt. sour cream
1 tsp. vanilla	4 Tbsp. sugar
	1 tsp. vanilla

Mix ingredients for crust together and pack in bottom of 9 x 12-inch cake pan (using fork or spatula).

Beat cream cheese and sugar together. Add vanilla. Add eggs, one at a time, and beat until creamy. Pour over graham cracker crust. Bake 20 minutes at 350°. Remove from oven.

Pour over top sour cream with sugar and vanilla added. Then bake 10 minutes more at 350°. Cool and refrigerate.

Marjorie M. Gorski





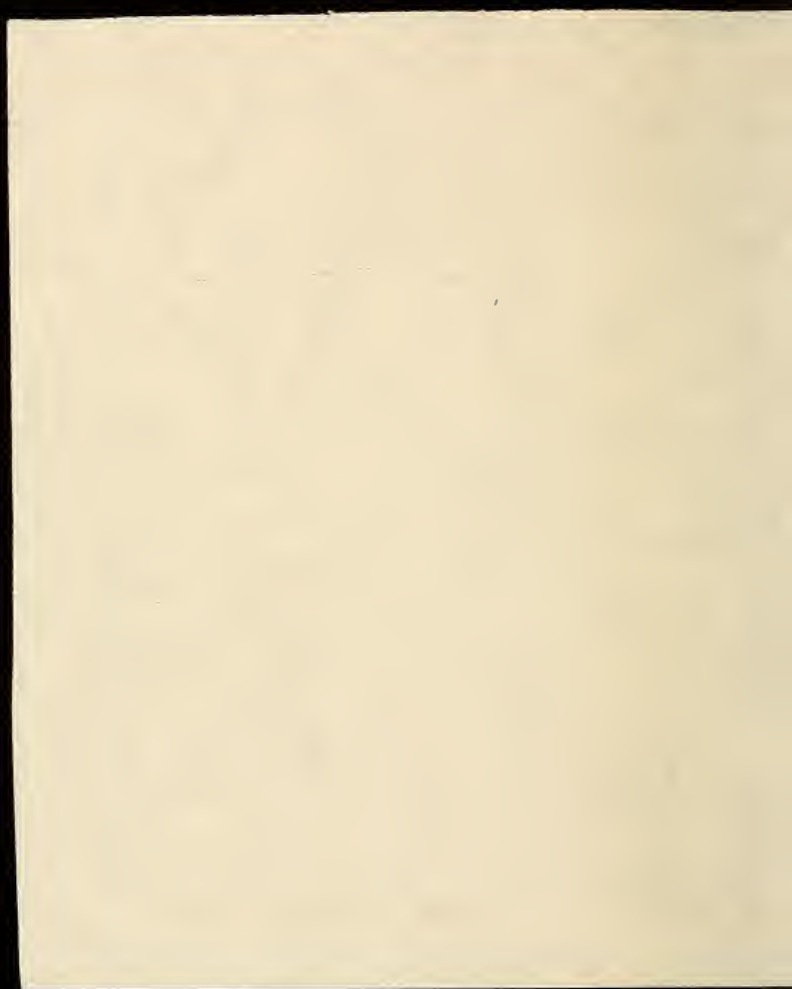
Addition to Cookbook

Cherry Cake Page 89

### Icing

1 box powdered sugar  
1 (8 oz.) cream cheese (softened)  
1 stick butter or margarine  
 $\frac{1}{2}$  c. coconut (shredded)  
 $\frac{1}{2}$  c. chopped nuts  
 $\frac{1}{2}$  (10 oz.) jar maraschino cherries  
(drained and chopped)

Combine all ingredients and  
spread on cake.



## CHERRY CAKE

2 sticks butter	3 3/4 c. flour
1/2 c. shortening	1 tsp. vanilla
3 c. sugar	1 (10 oz.) jar maraschino
6 eggs	cherries, drained and
3/4 c. milk	chopped (divided)
1/4 c. maraschino cherry juice	

Beat all the ingredients together, using 1/2 of the jar of cherries in cake and 1/2 for the icing. Bake 1 1/2 hours at 300°, using a tube pan, two 10-inch pans or a large rectangular baking pan.

Ossie Phillips

## CHOCOLATE CHERRY CAKE

1 pkg. Duncan Hines	2 eggs
Deluxe II devil's	1/2 c. water
food cake mix	1 (21 oz.) can cherry pie
1/4 c. oil	filling

Preheat oven to 350°. Pour oil into a 13 x 9 x 2-inch pan. Tilt to cover bottom. Add cake mix, eggs and water. Mix well. Add cherry pie filling and mix carefully until fully blended. Bake 35 minutes; check with toothpick to see if done (up to 45 minutes). Frost with fudge frosting.

Chocolate cream cheese frosting is our favorite.

Ann Shull

## CHOCOLATE POUND CAKE

3 c. sugar	1/2 tsp. baking powder
2 sticks margarine	5 heaping Tbsp. cocoa
1/2 c. vegetable	1 c. milk
shortening	5 whole eggs
3 c. flour (plain)	1 tsp. vanilla

Cream margarine, shortening and sugar well. Sift flour with baking powder and cocoa into small bowl. Alternate, adding milk and flour mixture to creamed mixture. Add one egg at a time, beating after each one. Bake in a well-greased and floured tube pan for

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## CHOCOLATE POUND CAKE (Continued)

1 hour and 15 minutes at 350°. Remove from oven and let cool on rack for 10 minutes. Then turn over on rack and remove pan.

Lyn Stevens

## CHOCOLATE SHEATH CAKE

2 c. sugar	1/2 c. milk
2 c. flour	2 eggs, beaten
2 sticks margarine	1 tsp. cinnamon
4 Tbsp. cocoa	1 tsp. vanilla
1 c. water	1 tsp. soda

### Icing:

1 stick margarine	1 box powdered sugar
4 Tbsp. cocoa	1 tsp. vanilla
6 Tbsp. milk	1 c. pecans, chopped

Sift together sugar and flour. Boil and add margarine, cocoa and water. (Bring to a boil and let cool; then pour over flour mixture.) Add milk, beaten eggs, cinnamon, vanilla and soda (leave out soda if using self-rising flour). Mix well and pour in greased 11 x 16-inch pan. Bake at 350° for 30 to 35 minutes.

Begin to make icing 5 minutes before cake is done. Mix together and boil the margarine, cocoa and milk. Remove from heat and add powdered sugar, vanilla and pecans. Frost cake while hot!

Lillian Bare

## CINNAMON FUDGE CAKE

3/4 c. oleo	2 1/4 c. flour
1/2 c. cocoa	3 tsp. baking powder
1 c. brown sugar	1 c. cold water
1/2 c. white sugar	3 beaten egg whites
1 1/2 tsp. vanilla	2 tsp. cinnamon
3 egg yolks	

Soften oleo; beat in sugars, cocoa, yolks and vanilla. Sift flour, baking powder and cinnamon; add

alternately with water. Fold in whites. Bake in 2 paper-lined 9-inch round pans in 300° oven for 30 to 35 minutes.

Gladys Ledoux

## COCONUT CAKE FOR A CROWD

1 (2-layer) yellow cake mix	1 can Eagle Brand condensed milk
8 oz. Cool Whip	frozen or flake coconut, thawed

Bake cake as directed on box. Use large oblong pan (9 x 13 inches). While cake is cooking, take out Cool Whip to thaw. When cake is done and still warm, make finger-sized holes all over top of cake. Pour Eagle Brand milk over top and in the holes. After cake has cooled, spread the Cool Whip over top and then the coconut. Cover with foil and refrigerate for at least 24 hours. Cut in squares to serve.

Better made 1 to 2 days ahead.

Emilie N. McCormick

## COCONUT POUND CAKE

2 c. sugar	1 tsp. salt
1 c. shortening	1 c. buttermilk (or 1 Tbsp. vinegar with enough milk to make 1 c.)
5 eggs	1 can Angel Flake coconut (1 1/2 c.)
1 tsp. coconut extract	
2 c. flour	
1/2 tsp. baking powder	

Glaze:

1 c. sugar	1 tsp. coconut extract
1/2 c. water	

Cream sugar with the shortening. Add eggs, beating well. Add coconut extract. Mix together the flour, baking powder and salt. Add alternately with the buttermilk (or substitution above). Mix well. Add the

(Continued on Page 92)



## COCONUT POUND CAKE (Continued)

coconut. Bake in greased and floured tube pan for 1 hour at 350°. Glaze while warm.

Mix sugar, water and coconut extract in pan. Bring to boil; boil 1 minute. Pour slowly over cake in pan after cake has cooled several minutes. Cool before removing from pan.

Myra Collson

## COLD OVEN POUND CAKE

2 sticks margarine	3 c. plain flour
1/2 c. shortening	1 tsp. vanilla
3 c. sugar	1 1/2 tsp. almond extract or
4 eggs	1 1/2 tsp. mace
1 c. milk	

Beat well the margarine, shortening, sugar and eggs. Add milk, flour and flavorings. Bake at 325° in greased and floured tube pan for 1 hour and 20 minutes. Start in cold oven.

Ann Gilbert

## DUMP CAKE

1 (No. 2) can crushed pineapple, drained	1 box yellow or white cake mix
1 (1 lb.) can cherry pie filling	1/2-1 c. chopped pecans or walnuts
	2 sticks butter or margarine

In a one-piece tube cake pan, which has been greased, place pineapple, cherry pie filling and cake mix (just as it comes from the box). Top with nuts and dot with butter or margarine. Bake 1 hour in 350° oven.

Serve hot or cold by scooping out and dumping on a plate. Do not stir or mix in any way. It's a dump technique!

Cora J. Johnson

## EASY PLUM CAKE (Or Apricot)

2 c. self-rising flour	2 c. sugar
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## EASY PLUM CAKE (Continued)

3/4 c. vegetable oil	2 jars junior-sized baby
3 eggs	food in plum (or apricot)
1 tsp. cinnamon	with tapioca

Mix all above ingredients together, but don't beat. Bake in a greased tube pan or 2 loaf pans at 350° for 1 hour, or until done.

Variation from Ann Gilbert: Use 2 jars in prune baby food and add 1 cup chopped nuts.

Geraldine Bostelman

## FRANKLIN PECAN CAKE

1 lb. butter	1/2 lb. candied cherries
2 c. sugar	1/2 lb. candied pineapple
6 eggs	1 lb. pecans or 4 c.,
4 c. flour	chopped
1 tsp. baking powder	2 tsp. vanilla
1/2 tsp. salt	

Cream butter and sugar. Add beaten eggs. Add 3 cups flour, which has been sifted with baking powder and salt. Mix remaining flour with the cherries, pineapple and broken pecans. Stir mixture into the batter. Add vanilla. Pour into a tube cake pan that has been greased. Bake at 250° for 3 hours. Allow to cool in pan.

Anne Stanley

## GERMAN APPLE CAKE

2 large eggs	2 c. flour
1 c. salad oil	2 tsp. cinnamon
2 c. sugar	1/2 tsp. salt
1 tsp. vanilla	1 c. chopped nuts
1 tsp. soda in a little water (about 1 tsp.)	4 c. thinly sliced apples

Icing:

2 small pkg. cream cheese	2 c. confectioners sugar
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(Continued on Page 94)

## GERMAN APPLE CAKE (Continued)

Beat eggs and salad oil until foamy. Mix with next 6 ingredients. Then add nuts and apples. Bake 45 to 60 minutes at 350°.

Mix cream cheese and confectioners sugar for the icing.

Elizabeth Duncan

## HOLIDAY CHEESE CUPCAKES

3 (8 oz.) pkg. cream cheese	1 c. sour cream
5 eggs	preserves (strawberry or other)
3/4 tsp. vanilla (divided)	Christmas or other decorated paper cupcake holders
1 1/4 c. sugar (divided)	(tiny size best)

Place paper cupcake holders in muffin tins, 24 regular sized or preferably 40 small sized. Let cheese soften at room temperature.

Cream the cheese and add eggs, one at a time, beating well after each. Beat in 1/2 teaspoon vanilla and, gradually, 1 cup of sugar. Fill the cups 3/4 full. Bake at 300° for 40 minutes.

Meanwhile, beat the sour cream with the remaining 1/4 teaspoon vanilla and 1/4 cup sugar. When cake is done, remove from oven and let stand 5 minutes. A depression will form. Fill it with prepared topping and place 1/2 teaspoon of preserves in center of each. Return to oven for 5 minutes. Cool and refrigerate.

Claire Wollenhaupt

## IRISH POTATO CAKE

1 c. butter	1 tsp. nutmeg
2 c. sugar	1 tsp. cloves
4 eggs	1 tsp. cinnamon
1 c. hot mashed potatoes	1 c. milk
2 c. flour	1 tsp. vanilla
1 c. cocoa	1 c. raisins
1 tsp. salt	1 c. currants
1 Tbsp. baking powder	1 c. walnuts

## Seafoam Icing:

3 c. brown sugar	2 egg whites, stiffly beaten
1 c. water	

Cream butter and sugar. Add eggs one at a time; mix well after each. Add potatoes. Sift cocoa, flour, salt, baking powder and spices together. Add flour mixture and milk alternately to batter. Add vanilla. Stir in raisins, currants and walnuts. Bake at 350° in 3 floured and greased 9-inch pans. Cool and frost. (Seafoam or caramel icing is very good on this cake.)

Boil together the brown sugar and water until it spins a thread. Beat into stiffly beaten egg whites.

Lou B. Martin

## ITALIAN CREAM CAKE

1 stick margarine	1 c. buttermilk
1/2 c. vegetable oil	1 tsp. vanilla
2 c. sugar	1 (3 oz.) can flaked coconut
5 eggs, separated	
2 c. all-purpose flour	1/2 c. chopped nuts
1 tsp. soda	(walnuts or pecans)

## Frosting:

8 oz. cream cheese	1 tsp. vanilla
1/2 stick margarine	1/4 c. chopped nuts
1 box powdered sugar	

Cream together margarine, oil and sugar. Add 5 egg yolks and mix well. Add flour mixed with soda and alternate the mixture with the buttermilk. Then add vanilla, coconut and nuts. Fold in 5 egg whites that have been stiffly beaten. Pour into three 8-inch layer pans which have been heavily greased and floured. Bake at 350° for 25 to 30 minutes. Turn out while hot on racks to cool.

Combine ingredients for frosting and beat until smooth. Top with nuts as desired.

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## ITALIAN CREAM CAKE (Continued)

Note: Cake will keep for days kept in refrigerator. Best made in layers to retain moisture.

Ruth Simmons

### LAYERED SOUR CREAM COFFEE CAKE

1 c. butter or margarine	1 tsp. baking powder
1 1/2 c. sugar	1 (8 oz.) carton sour cream
3 eggs	1 tsp. vanilla
2 c. flour	1 Tbsp. cinnamon
1/4 tsp. salt	2 Tbsp. brown sugar
	1/4-1/2 c. chopped nuts

Mix cinnamon, brown sugar and chopped nuts to put between layers of batter.

Mix as for any cake; put 1/3 in greased, floured Bundt pan; sprinkle with 1/2 cinnamon mixture. Repeat until all batter, etc. is used.

Bake at 300° for 15 minutes; increase oven to 325° and bake 55 to 60 minutes more or until done.

Sammie Lou Anderson

### MORAVIAN SUGAR CAKE

1/2 c. unseasoned mashed potatoes	1/2 c. sugar
3/4 c. potato water	2 eggs, beaten
1/2 c. shortening	2 pkg. yeast
1/2 tsp. salt	4 scant c. flour

#### Topping:

1 c. brown sugar	1 stick butter, melted
1 tsp. cinnamon	

Add shortening and sugar to hot mashed potatoes. Add eggs. Dissolve yeast in lukewarm potato water and add to mixture with flour and salt. Let rise in greased bowl (covered) until double. Pat dough into 4 greased pans, 9 x 14 x 2 inches. Let rise until double.

With thumbs, punch holes both ways in dough, forming diamond pattern. Brush with melted butter and



## MORAVIAN SUGAR CAKE (Continued)

fill holes with butter. Fill holes with cinnamon and brown sugar mixture. Sprinkle with cinnamon. Let rise until double. Sprinkle lightly with cream or evaporated milk. Bake at 350° for 20 minutes or until golden.

Ann Gilbert

## OKIE CAKE

1 cube oleo	2 c. sugar
1/2 c. shortening	2 eggs
1 c. water	1 c. buttermilk
4 Tbsp. cocoa	1 tsp. vanilla
2 c. flour	

### Icing:

1 box powdered sugar	4 Tbsp. cocoa
1 cube oleo	4-6 Tbsp. milk

Put first 4 ingredients in pan. Pour over other ingredients. Bake at 350° for 17 minutes.

Combine icing ingredients and ice while cake is hot.

Jean Crews

## ORANGE JUICE POUND CAKE

1/2 lb. real butter	1 tsp. baking powder
2 c. sugar	1/2 c. orange juice
4 eggs	2 1/2 c. flour

Blend butter and sugar; add one egg at a time. Mix baking powder with flour and add along with orange juice, alternately, to above mixture. Mix thoroughly. Grease and flour a Bundt or loaf pan. Bake at 350° for 1 hour.

You can freeze this cake, and it's delicious toasted. You can also sprinkle on sifted confectioners sugar while still warm.

Mindy Falk

## PLAIN CAKE

1/2 lb. butter	1/4 tsp. salt
1/2 c. Crisco	1/2 tsp. lemon flavoring
3 c. sugar	1/2 tsp. vanilla flavoring
3 1/2 c. flour, sifted	1 c. milk
1/2 tsp. baking powder	5 eggs

Cream butter, Crisco and sugar together. Add eggs, one at a time, beating after each addition. Sift together all dry ingredients. Combine milk and flavorings. Add dry ingredients alternately with liquids. Bake in 325° or 350° oven for 1 hour and 15 to 20 minutes. Line tube cake pan with waxed paper.

Have all ingredients at room temperature.

Ruth Wise

## PLANTATION POUND CAKE

3 c. flour	1 c. milk
1/2 tsp. baking powder	3 Tbsp. molasses
1/4 tsp. salt	1 1/4 tsp. cinnamon
1 1/3 c. butter	3/4 tsp. cloves
2 3/4 c. sugar	3/4 tsp. nutmeg
5 eggs	

Cream butter; add sugar. Add eggs one at a time. Mix dry ingredients and add to above mixture alternately with milk, beginning and ending with flour. Divide batter in half.

Mix spices and molasses; add to 1/2 the batter. Drop by spoonfuls, alternating spiced and plain batter, into a well-greased and floured tube pan. Swirl gently with knife or spoon. Bake at 325° for 1 hour and 20 minutes.

Gay Hartley

## POUND CAKE

3 1/2 c. plain flour	6 eggs
3 c. sugar	1 Tbsp. lemon flavoring
2 sticks margarine or butter	4 tsp. vanilla
1/2 c. Crisco	1 c. milk

## POUND CAKE (Continued)

Cream shortening and sugar until light and fluffy. Add eggs one at a time, beating well after each is added. Add flour and milk alternately, beating well after each addition. Add flavorings and mix well. Bake in a 16-cup tube pan that has been greased and floured. (Spraying the pan well with Pam is easier and works just as well.) Bake in a 320° oven for 1 hour and 20 minutes, or until cake is done. Remove from oven and allow to stand in pan for 10 minutes; then turn out on a rack and allow to cool.

Bob Woodside

## SCRIPTURE CAKE

1 c. Judges 5:25b	(butter or margarine)
1 3/4 c. Jeremiah 6:20	(sugar)
1/4 c. Proverbs 24:13	(honey)
6 Job 39:14	(eggs)
1 Kings 10:2	(spices: 1 1/2 tsp. ground cinnamon; 1/2 tsp. ground cloves; 1 tsp. ground allspice; 1 tsp. ground nutmeg)
3 tsp. Amos 4:5	(baking powder, plus 1 tsp. baking soda)
1 tsp. Leviticus 2:13	(salt)
3 3/4 c. I Kings 4:22	(unsifted all-purpose flour)
1 c. Genesis 24:11	(water; but I substitute buttermilk)
2 c. I Samuel 30:12b	(raisins)
2 c. Revelation 6:13	(cut-up dried figs)
1 c. Numbers 17:8	(chopped almonds)

Preheat oven to 300°. Heavily grease and flour a 10-inch tube or Bundt pan or two 9 x 5-inch loaf pans. In a large bowl, with electric mixer at medium speed, beat butter until smooth. At low speed, add sugar gradually and beat well. Blend in honey at low speed. Add eggs one at a time, beating at medium. In small bowl, combine spices, baking powder, baking soda, salt and 3 1/4 cups flour. Add blended dry ingredients in batter alternately with buttermilk. Toss reserved

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## SCRIPTURE CAKE (Continued)

1/4 cup flour with raisins, figs and almonds. Gently fold fruit and nuts into batter. Pour batter into pan. Bake for approximately 1 1/2 hours, or until cake tester comes out clean. Let cool in pan for 30 minutes; then turn out on rack to cool completely.

Sandi Stevens-George  
Orlando, FL

## TENNESSEE THOMPSON'S BIRTHDAY CAKE

1 scant c. shortening	1 tsp. almond extract
2 scant c. sugar	3 c. flour
4 eggs	2 tsp. baking powder
1 c. cold water	

Cream shortening and sugar until very light in color. Add one egg at a time and beat between each. Sift flour and measure. Then sift flour and baking powder together. Alternate dry ingredients and liquid, beating after each. Last, add almond extract and beat well. Pour in greased and floured tube pan or 2 prepared bread loaf pans or 3 prepared layer pans. For tube pan: 350° for 30 minutes. For 3 layer pans: 375° for 20 minutes. Cupcakes: makes 28. Bake at 375° for 22 minutes.

Wonderful cake and large one, too.

Mary Collins Thompson

## TEXAS CAKE

2 sticks margarine	1 tsp. baking soda
1/4 c. cocoa	1/2 tsp. salt
1 c. water	2 eggs
2 c. sugar	1/2 c. sour cream
2 c. flour	

### Frosting:

1 stick margarine, melted	1/4 c. cocoa
6 Tbsp. milk	1 tsp. vanilla
	1 (1 lb.) box powdered sugar

## TEXAS CAKE (Continued)

Bring margarine, cocoa and water to boil and let cool. Then combine with sugar, flour (unsifted, all-purpose), baking soda, salt, eggs and sour cream. Bake in large (greased) sheet pan at 350° for 30 minutes or until straw comes out clean.

Make frosting while cake bakes and chill to stiffen. Frost cake while warm.

Recipe originated from mother of 5 who made enough of these to cover state of Texas!

Mrs. Byron Lutz

## WACKY CAKE

1 1/2 c. flour	2 heaping tsp. cocoa
1 c. sugar	1 Tbsp. vinegar
1 tsp. soda	5 Tbsp. melted butter
1/2 tsp. salt	1 c. cold water

### Topping:

3/4 c. brown sugar	2 Tbsp. cream
3 Tbsp. melted butter	

Sift together flour, sugar, soda, salt and cocoa. Add vinegar, melted butter and water. Bake at 350° for 25 minutes. When done, put on topping.

Put topping ingredients on cake and put under broiler for a few minutes.

Ruth Meissner

## BERNARDINES (French Almond Cookies)

1 lb. butter, softened	2 tsp. baking powder
2 c. brown sugar	1 tsp. cream of tartar
2 c. granulated sugar	1 c. honey
4 eggs	6 c. flour
2 tsp. almond extract	1 lb. almonds, chopped
1 tsp. soda	

Cream butter and sugars well. Add eggs one at a time, beating well. Add extract and then honey.

(Continued on Page 102)



Again, beat thoroughly. Mix soda, baking powder and cream of tartar with flour. Add gradually to creamed mixture. Fold in nuts. Make balls the size of a large walnut. Bake 10 to 11 minutes in a 350° oven until light golden brown on a greased cookie sheet.

If desired, balls can be rolled in granulated sugar before baking. Also, cookies can be mixed and refrigerated and then baked later or next day.

In loving memory of  
Althea Ledoux

### BROWN SUGAR DROPS

1 c. shortening	3 1/2 c. flour
2 c. brown sugar	1 tsp. soda
2 eggs	1 tsp. salt
1/2 c. sour milk or buttermilk	

Mix together well the shortening, brown sugar and eggs. Stir in the milk. Sift together and stir in the flour, soda and salt. Chill 1 hour or longer.

Drop by teaspoonfuls 2 inches apart on a greased baking sheet. Bake in a 400° oven about 8 to 10 minutes, just until when touched lightly with finger no imprint remains.

In loving memory of  
Althea Ledoux

### CHEWY CHOCOLATE BARS

1 c. margarine	1 tsp. soda
1/2 c. brown sugar	1 1/2 c. uncooked quick oats
1/2 c. granulated sugar	12 oz. chocolate or butter-
2 eggs	scotch bits
1 tsp. vanilla	1 c. chopped nuts
1 1/4 c. flour	

Cream margarine and sugars until fluffy. Blend in eggs and vanilla. Add combined flour and soda; mix well. Stir in oats, bits and nuts. Spread into a well-greased 13 x 9-inch baking pan. Bake at 375° for 28

minutes until golden brown. They will seem soft in center but will set as they cool. Cut in bars.

Can be frozen.

Evelyn Ledoux

### COOKIE MIX (Basic)

2 1/3 c. Crisco  
5 c. sifted flour

1 Tbsp. salt

All measurements level. Sift measured flour and salt together into a large mixing bowl or on a 20-inch square of paper. Cut Crisco into flour with a pastry blender or 2 knives until pieces are the size of small peas. Store mix in a covered container. (No refrigeration necessary.)

Yields about 7 cups of mix. Will keep for over a year and is very handy!

Use this mix for the following recipes: Easy Date Nut Bars, Crisp Molasses Balls, Rich Brownies, Pecan Puffs, Airy Sugar Cookies, Spicy Fruit Drops and Chocolate Chips.

Marjorie M. Gorski

### EASY DATE NUT BARS

1/2 c. Cookie Mix  
1/2 c. light brown  
sugar  
1/4 tsp. baking powder  
1 egg

1 Tbsp. milk  
1 tsp. vanilla  
1 c. chopped dates  
1 c. chopped nuts

Stir together Cookie Mix, brown sugar and baking powder. Add egg, milk and vanilla; stir vigorously. Add dates and nuts. Blend well. Pour into 8 x 8-inch pan which has been rubbed with Crisco. Bake at 375° for 20 to 25 minutes. Sprinkle with confectioners sugar. Cool. Cut into strips. Yields 1 dozen.

## CRISP MOLASSES BALLS

2 c. Cookie Mix	1/2 tsp. cloves
3/4 c. light brown sugar	1/2 tsp. ginger
	1 egg
1 1/2 tsp. soda	3 Tbsp. molasses
1 tsp. cinnamon	

Stir together Cookie Mix, brown sugar, soda, cinnamon, cloves and ginger. Add egg and molasses. Stir vigorously. Chill dough. Mold into 1-inch balls. Brush top with water; dip in sugar. Place balls 3 inches apart on cookie sheet. Bake at 375° for 8 to 10 minutes. Cool on baking sheet 2 to 3 minutes before removing. Yields 3 to 4 dozen 2-inch cookies.

## RICH BROWNIES

1 1/2 c. Cookie Mix	2 1/2 sq. melted chocolate
1 1/2 c. sugar	1 tsp. vanilla
1/2 tsp. baking powder	1/2 c. chopped nuts
3 eggs	

Stir together Cookie Mix, sugar and baking powder. Add eggs, melted chocolate and vanilla. Stir vigorously. Add nuts. Pour into 10 x 10 x 2-inch pan which has been rubbed with Crisco. Bake at 375° for 25 to 30 minutes. Sprinkle with confectioners sugar. Cool. Brownies may be iced if desired. Yields 3 dozen.

## PECAN PUFFS

2 c. Cookie Mix	1 tsp. vanilla
1/2 c. sifted confectioners sugar	3/4 c. chopped pecans

Stir together Cookie Mix and confectioners sugar. Add vanilla and pecans. Blend well. Dough will be somewhat crumbly. Mold into 1-inch balls. Place on greased cookie sheet. Bake at 375° for 12 to 15 minutes. Roll in confectioners sugar immediately after baking. Yields 2 dozen 1-inch puffs.

## AIRY SUGAR COOKIES

2 c. Cookie Mix	1 egg
3/4 c. sugar	1 tsp. vanilla
1/2 tsp. soda	

Stir together Cookie Mix, sugar and soda. Add egg and vanilla. Blend well. Shape dough into 1-inch balls. Roll in a mixture of 1 tablespoon sugar and 1 teaspoon cinnamon. Place balls 3 inches apart on cookie sheet. Bake at 375° for 10 to 12 minutes. Cool on baking sheet 2 to 3 minutes before removing. Yields 3 to 4 dozen 2-inch cookies.

## SPICY FRUIT DROPS

2 c. Cookie Mix	1/2 tsp. allspice
1 c. light brown sugar	2 eggs
1/2 tsp. baking powder	2 Tbsp. orange juice
1 tsp. cinnamon	1 1/2 c. chopped nuts
1/2 tsp. cloves (ground)	1 1/2 c. chopped dates

Stir together Cookie Mix, brown sugar, baking powder, cinnamon, cloves and allspice. Add eggs and orange juice. Stir vigorously. Add nuts and dates. Blend well. Drop from teaspoon to greased cookie sheet. Bake at 375° for 10 to 12 minutes. Yields 4 dozen 2-inch cookies.

## CHOCOLATE CHIPS

1 1/2 c. Cookie Mix	1 tsp. hot water
3/4 c. sugar	1/2 tsp. vanilla
1/2 tsp. soda	1 pkg. chocolate chips
1 egg	

Stir together Cookie Mix, sugar and soda. Add egg, hot water and vanilla. Stir vigorously. Add chocolate chips. Blend well. Drop from teaspoon to baking sheet. Bake at 375° for 10 to 12 minutes. Cool on baking sheet 2 to 3 minutes before removing. Yields 3 to 4 dozen 2-inch cookies.

Marjorie M. Gorski

## EASY BROWNIES

1 stick butter	4 eggs
1 c. sugar	1 c. flour
1 can chocolate syrup	1 c. chopped nuts

Cream butter and sugar. Beat in syrup and the eggs, one at a time. Beat in flour gradually. Fold in nuts. Pour into greased jellyroll pan. Bake at 350° for 25 minutes. Cool and frost with chocolate icing.

Maureen Herman

## FORGOTTEN COOKIES

2 egg whites, beaten stiff	1 tsp. vanilla
2/3 c. white sugar	1 c. chocolate or butter- scotch morsels
1/4 tsp. salt	1 c. finely chopped nuts

Make at night. Heat oven to 350°; line 2 cookie sheets with foil.

In a small bowl, beat egg whites until stiff. Then add by 2 tablespoons at a time the sugar, beating slower; add salt. Remove beaters and fold in the vanilla, chocolate or butterscotch morsels and nuts. Drop by teaspoons on foil-lined pans, 1 or 2 inches apart. Put cookies in oven, close door at once and turn off heat. Do not open the door until morning. Remove from pans and store in covered tins.

Do not freeze.

Ruth Shinn

## HEALTH COOKIES

1/2 c. butter or margarine	1/2 tsp. baking soda
1/2 c. light brown sugar	1/2 tsp. baking powder
1 egg	1/2 tsp. salt
1 tsp. vanilla	2 Tbsp. wheat germ
1 c. whole wheat flour, unsifted	1 c. quick oats
	1/2 c. chopped pecans
	1/2 c. light raisins
	1/2 c. dried apples or apricots



Cream shortening and sugar; beat in egg and vanilla. Work in dry ingredients. Add pecans, raisins and dried fruit. Drop by teaspoon on baking sheet (or roll out in balls) and bake at 350° for 8 to 12 minutes.

Willene Smith

### LEMON DEE-LITER

1 c. butter	2 c. sugar
2 c. flour	juice of 2 lemons
1/2 c. sugar	grated rind of 1 lemon
3 eggs	4 Tbsp. flour
dash salt	1 tsp. baking powder

Cream the butter, 1/2 cup sugar and 2 cups flour until coarse. Spread into 13 1/2 x 9-inch greased pan. Bake 15 or 20 minutes at 350°.

Beat egg; add salt, 2 cups sugar, lemon juice and rind, 4 tablespoons flour and baking powder. Mix well; pour over baked layer. Bake at 350° for 25 to 30 minutes. Cool; cut and sprinkle with powdered sugar.

I increase lemon juice until tart; then increase flour.

Ruth Shinn

### LEMON SQUARES

1 c. flour	2 Tbsp. flour
1/2 c. soft butter	1/2 tsp. baking powder
1/4 c. confectioners	1/4 tsp. salt
sugar	2 Tbsp. lemon juice
2 eggs	rind of lemon
1 c. sugar	

Blend first 3 ingredients thoroughly. Press evenly in 8 x 8-inch square pan. Bake in 350° oven 15 to 20 minutes.

Beat remaining ingredients together until light and fluffy. Pour over hot crust; bake about 25 minutes or until no imprint remains when lightly touched. Cool; cut in squares. If desired, frost with a confectioners sugar-lemon glaze. Makes 36 squares.

Emily Hedrick

## MAGIC COOKIE BARS

- |                                               |                                               |
|-----------------------------------------------|-----------------------------------------------|
| 1/2 c. butter or margarine                    | 1 1/3 c. (3 1/2 oz. can) flaked coconut       |
| 1 1/2 c. Golden Grahams cereal                | 1 1/3 c. Eagle Brand sweetened condensed milk |
| 1 c. chopped nut meats                        | (14 oz. can)                                  |
| 1 c. (6 oz. pkg.) semi-sweet chocolate pieces |                                               |

Pour melted butter or margarine onto the bottom of a 13 x 9 x 2-inch pan. Sprinkle crushed cereal evenly over melted butter or margarine. Sprinkle nuts evenly over crumbs. Scatter chocolate pieces over nuts. Sprinkle coconut evenly over chocolate pieces. Pour sweetened condensed milk evenly over coconut. Bake in a moderate oven (350°) for 25 minutes or until lightly browned on top. Cool in pan 15 minutes. Cut into bars.

Cora J. Johnson

## MYSTERY COOKIES

- |                           |                           |
|---------------------------|---------------------------|
| 1 stick margarine, melted | 1/2 tsp. lemon extract    |
| 1 c. sugar                | 1/4 tsp. almond extract   |
| 1 egg                     | 1 1/2 c. Bisquick         |
| 1 tsp. vanilla            | 1 1/3 c. instant potatoes |

Add sugar to melted margarine and beat. Add egg and mix well with remaining ingredients. Drop by spoonfuls on cookie sheet (ungreased). Bake 6 minutes or until sort of brown at 350°. Watch so they don't burn.

Marian L. Brown

## OATMEAL CRISPY COOKIES

- |                            |                              |
|----------------------------|------------------------------|
| 3/4 c. shortening          | 1 tsp. ground nutmeg         |
| 1 1/4 c. sugar             | 1/4 tsp. salt                |
| 2 eggs, beaten             | 1/4 c. plus 2 Tbsp. milk     |
| 1 1/2 c. all-purpose flour | 1 tsp. soda                  |
| 1 tsp. ground cinnamon     | 2 c. regular oats (uncooked) |
|                            | 1 1/4 c. pecans, chopped     |

## OATMEAL CRISPY COOKIES (Continued)

Cream shortening; add sugar and beat until fluffy. Add eggs; mix well. Combine in a bowl the flour, cinnamon, nutmeg and salt. Mix well. In cup, combine milk and soda. Add dry ingredients and milk mixture alternately to creamed shortening mixture, beating well after each addition. Stir in oats and nuts. Drop dough by teaspoonfuls onto greased baking sheets. Bake at 350° for 10 to 12 minutes or until brown. Makes 7 dozen.

Irene Gremer

## ORANGE BALLS

2 1/2 c. vanilla wafer crumbs	1 c. chopped nuts
1 c. powdered sugar	1/4 c. undiluted frozen orange juice
1/4 c. melted butter	

Mix all ingredients together. Put small spoonfuls of mixture in the palm of your hand and roll into a ball. Then roll in powdered sugar. Store in airtight container in refrigerator to mellow.

Keeps for weeks.

Gloria Thompson Goss

## PEANUT BUTTER COOKIES

1 c. peanut butter	1 egg
1 c. sugar	

Mix ingredients well and drop by spoonfuls on greased cookie sheet. Bake 9 minutes at 350°.

Marion L. Brown

## POTATO CHIP COOKIES

4 sticks oleo	1 tsp. vanilla.
1 c. sugar	1 1/2 c. crushed potato chips
3 1/4 c. flour	powdered sugar
1 tsp. salt	

(Continued on Page 110)

## POTATO CHIP COOKIES (Continued)

Blend all ingredients and gently fold in potato chips. Form small balls and place on ungreased cookie sheet. Flatten with fork. Bake 15 to 20 minutes in 300° oven. Sprinkle with powdered sugar after cool.

Gladys Ledoux

## RAISIN JUMBO COOKIES

2 c. raisins	4 c. sifted flour
1 c. water	1 tsp. baking powder
1 c. shortening	1 tsp. baking soda
1 3/4 c. sugar	1 tsp. salt
2 eggs, slightly beaten	1/2 tsp. cinnamon
1 tsp. vanilla	1/2 tsp. nutmeg
1/2 c. chopped nuts	

Combine raisins and water. Bring to a boil and simmer for 3 minutes or until raisins are plump. Cool. Sift dry ingredients together. Cream shortening and sugar until fluffy. Add eggs and vanilla; mix well. Stir in raisins and any remaining liquid. Gradually add flour mixture, blending thoroughly after each addition. Stir in nuts. Drop by tablespoonfuls about 2 inches apart on buttered cookie sheet. Bake at 375° for 12 to 15 minutes. Cool on racks. Makes about 36.

Emily Hedrick

## SEVEN LAYER BAR

1 stick oleomargarine	12 oz. butterscotch chips
1 c. graham cracker crumbs	1 1/2 c. Angel Flake coconut
12 oz. chocolate chips	1 1/2 c. nuts
	1 c. Eagle Brand milk

Melt oleo in 9 x 13-inch baking dish. Sprinkle graham cracker crumbs over oleo. Then add layer of chocolate chips, layer of butterscotch chips, layer of coconut, layer of nuts and drizzle Eagle Brand milk over all, being careful to keep milk from touching sides of dish. Bake at 350° for 20 to 25 minutes.

Gay Hartley

## BUTTERCREAM FROSTING

1/2 c. milk	1/2 c. butter (oleo)
2 Tbsp. flour	1 tsp. vanilla
1/2 c. white sugar	dash salt
(granulated)	1/2 c. crushed pineapple

Cook milk and flour over low heat until thick. Cool. In a small bowl, put sugar, butter, vanilla and salt. Blend well with electric mixer; then add cooled sauce and beat at high speed (as for whipping cream). When thickened, add the crushed pineapple and continue beating until well blended.

Claire Wollenhaupt

## LEMON FROSTING

juice 2 lemons	1 pkg. powdered sugar,
grated rind 1 lemon	sifted
1/3 stick butter or margarine	

Scald butter, lemon juice and rind. Beat into sugar.

Myra Collson

## CEREAL MOUNDS

1 (12 oz.) can chow mein noodles	1 can cocktail peanuts (skinless)
1 (12 oz.) pkg. Nestle's butterscotch morsels	peanut butter, honey or butter

Place ingredients in a bowl. Melt morsels; add in some peanut butter, honey or butter (optional) and pour over ingredients. Mix and form spoonful mounds and put on waxed paper to cool.

Good for snacks!

Cora J. Johnson

## CHRISTMAS CARAMELS

1/2 lb. butter	1 c. sweetened condensed milk
1 lb. light brown sugar	1 tsp. vanilla
1 c. light corn syrup	

(Continued on Page 112)



Over low heat, melt the butter first and then add and dissolve brown sugar. Add corn syrup, milk (do not use whole can) and vanilla. Cook slowly, stirring until candy thermometer reaches 234° (soft ball stage). Pour into buttered 8 x 8-inch pan. Set and chill 3 to 4 hours. Cut and wrap in waxed paper. Keep in refrigerator or cool place if too soft.

Joan Juday

## GLAZED NUTS

1 lb. nuts (almonds, pecans, walnuts or combination)	2 egg whites 1 c. white sugar pinch salt
1/2 c. (1 stick) butter	1/4 tsp. cinnamon (optional)

Melt butter on medium heat and set aside to cool. Beat egg whites stiff; then beat in sugar and salt. With a rubber spatula, fold in nut meats. Then pour cooled butter over mixture and fold in butter. Spread on large greased cookie sheet and bake at 300° for 15 to 30 minutes, depending on oven. Do not brown; done when cream colored. When done, dump out with spatula on waxed paper and separate to cool. Store when completely cooled in airtight container.

Never put in refrigerator or sun. Keeps a couple of weeks.

Carolyn Shinn Thompson

## MOLDED PARTY MINTS

2 oz. cream cheese (1/2 of 4 oz. pkg. or 1/4 of 8 oz. pkg.)	1/4 tsp. flavoring (pepper- mint is good)
1 2/3 c. powdered sugar	food coloring (any color desired)

Mash cheese and add flavoring and food coloring. Mix in powdered sugar. Knead with hands to the consistency of pie dough. Roll in a ball about the size of a marble. Place one side in a small amount of granulated sugar. Press sugar side down into candy mold. Unmold

at once onto waxed paper. Makes 23 roses and 23 leaves.

For chocolate-flavored mints add 3 teaspoons cocoa and 1/2 teaspoon vanilla.

Myra Gilbert

# OLD-FASHIONED PULL TAFFY

2 c. sugar	1/4 tsp. cream of tartar
1/2 c. light Karo syrup	food coloring if desired
1/2 c. water	flavoring desired

Combine sugar, Karo syrup, water and cream of tartar. Place over heat. Stir until sugar dissolves. Cook, without stirring, to 265° on candy thermometer. Remove from heat; add coloring and flavoring if desired. Pour on greased platter or pie pan. Cool until easily handled. Pull into ropes until chalky and porous. Break or cut into bite-size pieces with scissors.

Virginia Sawrie

\*\* EXTRA RECIPES \*\*



# Desserts



# Substitutions

1 c. whole milk	½ c. evaporated milk and ½ c. water ½ c. condensed milk and ½ c. water (reduce sugar in recipe) 4 T. powdered milk and 1 c. water. 4 T. nonfat dry milk plus 2 t. shortening and 1 c. water	1 c. sifted cake flour	1 c. minus 2 T. sifted all-purpose flour
1 c. sour milk	1 c. sweet milk and 1 T. lemon juice or vinegar 1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1 ¾ t. cream of tartar	1 c. sifted all-purpose flour	1 c. plus 2 T. sifted cake flour
1 c. sweet milk	1 c. sour milk or buttermilk plus ½ t. baking soda	1 whole egg	2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 eggs yolks (in custards, etc.)
1 c. sour, heavy cream (for sour milk recipe)	½ c. butter and ¾ c. milk	1 c. canned tomatoes	1 ½ c. cut-up fresh tomatoes, simmered 10 min.
1 c. sour, thin cream (for sour milk recipe)	3 T. butter and ¼ c. milk	1 c. molasses	1 c. honey
1 c. butter or margarine (for shortening)	4/5 c. bacon fat (clarified), increase liquid in recipe ¼ c. c. chicken fat (clarified), increase liquid in recipe ¼ c.) 7/8 c. cottonseed, corn, nut oil (solid or liquid) 7/8 c. lard and salt ½ c. suet and salt (increase liquid in recipe ¼ c.)	1 c. honey	¾ c. sugar plus ¼ c. liquid
1 1-oz. square unsweetened chocolate	3 T. cocoa plus ½ T. shortening	1 c. granulated sugar	1 ⅓ c. brown sugar or 1 ½ c. powdered sugar
1 T. cornstarch (for thickening)	2 T. flour (approx.)	1 t. baking powder	¼ t. baking soda plus ½ t. cream of tartar
1 T. flour (for thickening)	½ to ⅓ T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks	1 lb. cornmeal	3 cups
		1 lb. cornstarch	3 cups
		1 lemon rind	1 Tbsp. grated
		3-4 med. oranges	1 cup
		1 orange rind	2 Tbsp. grated
		23 soda crackers	1 cup crumbs
		15 graham crackers	1 cup crumbs

## Sizes of Cans

No. 1 can	1 ½ cupfuls used for baked beans, meats, soups, fruits, vegetables
No. 1 (tall)	2 cupfuls
No. 2 can	2 ½ cupfuls used for beans, peas and corn.
No. 2 ½ can	3 ½ cupfuls used for tomatoes, spinach, beets and pumpkin.
No. 3 can	4 cupfuls
No. 10 can	1 gallon used for both fruits and vegetables.
No. 5 can	7 cupfuls (almost ½ gallon) used for fruit juice.



## DESSERTS

### BANANA PUDDING CAKE

- |                            |                                        |
|----------------------------|----------------------------------------|
| 2 c. graham cracker crumbs | 1 large can crushed pineapple, drained |
| 1 1/2 sticks butter        | 3 bananas, sliced                      |
| 2 egg whites               | 1 large carton Cool Whip               |
| 1 box powdered sugar       | chopped nuts                           |
| 1 Tbsp. vanilla            |                                        |

Mix graham cracker crumbs with 1 stick melted butter and spread in 13 x 9-inch pan.

Mix together 2 egg whites (unbeaten), powdered sugar, vanilla and 1/2 stick butter. Spread over graham cracker crust. Over this spread pineapple and bananas. Spread Cool Whip on top. Sprinkle nuts on top of Cool Whip. Refrigerate at least 6 hours. Serve chilled.

Trudy Bohner

### BLACKBERRY DUMPLINGS

- |                       |                           |
|-----------------------|---------------------------|
| 1 1/2 c. blackberries | 1 tsp. lemon juice        |
| 3/4 c. water          | 1 c. packaged biscuit mix |
| 1/4 c. sugar          | 6 Tbsp. milk              |
| dash salt             | 1 Tbsp. sugar             |

Put berries in saucepan with water, sugar, salt and lemon juice; bring to a boil. Combine biscuit mix, milk and 1 tablespoon sugar according to directions on package for dumplings. Drop 8 spoonfuls of batter on berries; reduce heat to keep gently boiling. Cook, uncovered, 10 minutes. Cover with tight-fitting lid and continue cooking for 10 minutes. Makes 4 serving.

Leona B. Moldenhauer

### CHOCOLATE ECLAIR CAKE

- |                                                   |                                              |
|---------------------------------------------------|----------------------------------------------|
| 1 box graham crackers                             | 1 can milk chocolate cake icing              |
| 1 medium-sized container nondairy whipped topping | 2 small boxes instant French vanilla pudding |
|                                                   | 3 c. milk (cold)                             |

(Continued on Page 116)

## CHOCOLATE ECLAIR CAKE (Continued)

Mix up pudding according to instructions. Fold in whipped topping and set aside. Place 1 layer graham crackers (whole) in bottom of pan, then a layer of pudding and topping mixture, then another layer of crackers, etc. etc. until all pudding mixture is used up (final layer being graham crackers). Then ice with cake icing. Chill and serve cold.

Variation: Betty Broadway mixes 3/4 cup sour cream with 8 ounces Cool Whip and adds it to a large box of instant vanilla pudding which has been mixed according to box directions. She uses a 9 x 13-inch dish.

Sue Freeman

## CHOCOLATE FUDGE PIE

1 c. sugar	1 sq. bitter chocolate,
1/2 c. butter, melted	melted
2 eggs	1 tsp. vanilla
2/3 c. flour, sifted	

Beat sugar and butter together; then add eggs. Beat until thoroughly mixed. Add flour and blend well. Add chocolate and vanilla. Pour into a greased Pyrex pie plate (no crust) and bake in preheated 325° oven for 25 minutes. Serve with vanilla ice cream. Serves 8.

Lucille Williams

## CINNAMON APPLE PUFFS

Syrup:

3/4 c. sugar	1 c. water
--------------	------------

Batter:

1 c. flour	3 Tbsp. shortening
1 Tbsp. sugar	1/2 c. milk
1 1/2 tsp. baking powder	6 apples, peeled and sliced
1/2 tsp. salt	butter
	sugar
	cinnamon

Cook sugar and water 5 minutes at very slow boil.

Sift together flour, sugar, baking powder and salt. Cut in (with pastry blender) shortening. Stir in milk to make a soft dough.

Peel and slice apples and place in a baking dish. Pour syrup (all of it) over apples. Drop 6 mounds of dough over apples. Make a dent in each mound. Drop in a little butter, sugar and cinnamon. Bake 20 to 25 minutes in a 450° oven. Serve warm with cream.

Evelyn Ledoux

## COCONUT CRUNCH TORTE

4 egg whites	1/2 c. flaked coconut
1/4 tsp. salt	1/2 c. chopped walnuts or
1 tsp. vanilla	pecans
1 c. sugar	ice cream (preferably coffee)
1 c. graham cracker crumbs	

Beat egg whites with salt and vanilla until foamy. Gradually add sugar and beat until stiff peaks form. Fold in crumbs, coconut and nuts. Spread into greased 9-inch pie pan. Bake at 350° for 30 minutes. Cool; cut in 6 to 8 wedges. Top with ice cream.

Bake ahead; keeps well and freezes well.

Myra Collson

## COCONUT DESSERT

yellow cake mix	Cool Whip (8 oz. size)
(2 layer)	flaked or frozen coconut
1 can evaporated milk	

Prepare cake mix (following box directions) and bake in a 9 x 13-inch pan. While hot, punch holes in top with fork and pour full can evaporated milk over hot cake. Cool. Spread with Cool Whip and top generously with coconut. Refrigerate.

Myra Collson

## ENGLISH TOFFEE DESSERT

- |                                           |                              |
|-------------------------------------------|------------------------------|
| 1 1/2 c. vanilla wafer<br>crumbs, crushed | 1 1/2 c. confectioners sugar |
| 1/2 c. butter                             | 3 Tbsp. cocoa                |
| 2 egg yolks (save<br>whites)              | 1/8 tsp. salt                |
| 1 tsp. vanilla                            | 1 c. chopped nuts            |
|                                           | 1/2 c. confectioners sugar   |

Crush enough vanilla wafers to make 1 1/2 cups crumbs. Butter 8-inch cake pan and press 3/4 cup of crumbs into bottom of pan.

Cream until fluffy butter, egg yolks, vanilla, 1 1/2 cups confectioners sugar, cocoa, salt and nuts.

Now, beat egg whites until stiff peaks form. Fold in 1/2 cup confectioners sugar. Add the creamed mixture to egg whites. Spread over the crumbs in pan. Sprinkle remaining 3/4 cup crumbs over top of all. Cover; refrigerate overnight. Serve with whipped cream.

In loving memory of  
Althea Ledoux

## 4-LAYER PISTACHIO DESSERT

- |                                   |                                         |
|-----------------------------------|-----------------------------------------|
| 1 stick margarine                 | 1 large carton Cool Whip,<br>divided    |
| 1 c. flour                        | 1 tsp. vanilla                          |
| 1/2 c. chopped nuts<br>(optional) | 2 pkg. instant pistachio<br>pudding     |
| 1 (8 oz.) pkg. cream<br>cheese    | 2 3/4 c. cold milk                      |
| 1 c. powdered sugar               | toasted almonds or crumbs<br>from crust |

Mix margarine, flour and nuts (optional) and pat into a 9 x 13-inch pan. Bake at 350° for 15 minutes. Cool.

Mix cream cheese, sugar, 1 cup Cool Whip and vanilla; spread over the cooled crust.

Mix pudding and cold milk; beat until thick. Pour over cream cheese filling. Refrigerate 1 hour.

Cover with remaining Cool Whip. Add toasted almonds or crust crumbs. Refrigerate.

Jean Barrier

## MEXICAN FLAM

8 eggs, well beaten	2 tsp. vanilla extract
2/3 c. sugar	1/2 c. firmly packed light
1/4 tsp. salt	brown sugar
2 large cans evaporated milk	

Make day before and refrigerate.

Beat eggs, sugar and salt together well. Beat in milk and vanilla. Put brown sugar on bottom of loaf pan. Pour custard over brown sugar. Place loaf pan in shallow pan that has hot, but not boiling, water in it. Bake 1 hour at 350°. Check on it. Knife will come out clean when done. Refrigerate overnight in pan. Use knife around edges and turn out onto plate. Slice 1/4-inch pieces as needed.

Carolyn Keyes Bradshaw

## MICROWAVE APPLE CRISP

6 c. sliced apples	3/4 c. brown sugar
1/2 c. flour	1 tsp. cinnamon
1/2 c. quick oats	1/4 c. margarine

Place apples in 8 x 8-inch glass baking dish. Combine flour, oats, sugar and cinnamon in medium mixing bowl. Cut in margarine until crumbly. Pour mixture over apples. Set microwave oven on high for 14 to 16 minutes or until apples are done. Makes 5 to 6 servings.

Ann Shull

## PEACH CRUMB PUDDING

4 lb. peaches or any	1/2 c. sugar
fruit	1 c. flour
1/2 c. sugar	1/4 lb. butter
3 Tbsp. flour	

Peel and quarter about 18 peaches. Mix 1/2 cup sugar and 3 tablespoons flour together. Dredge fruit in it. Place in greased pan, 10 x 6 x 2 inches.

Mix together, until crumbs are made, the remaining sugar, flour and butter. Sprinkle over the peaches.  
(Continued on Page 120)



May be frozen now or bake at 375° for 45 to 50 minutes. Makes 8 servings.

Works great with blueberries by adding 1 table-spoon lemon juice to berries. For apples, add 1 tea-spoon cinnamon and 1/4 teaspoon nutmeg to flour for dredging.

Cynthia Thompson

# PUMPKIN TORTE (Nice for Thanksgiving)

24 graham crackers, crushed (1 1/2 c.)	3 egg yolks 1/2 c. sugar
1/3 c. sugar	1/2 c. milk
1/2 c. butter	1/2 tsp. salt
2 eggs	1 tsp. cinnamon
3/4 c. sugar	1 envelope plain gelatin
1 (8 oz.) pkg. Phila- delphia cream cheese, softened	3 egg whites 1/4 c. sugar
2 c. pumpkin	whipped cream of 2 pkg. Dream Whip

Mix and press in 9 x 13-inch pan graham crackers, sugar and butter. Mix eggs, sugar and cream cheese until well blended; pour over crust. Bake 20 minutes at 350°. Let cool.

Combine in saucepan the pumpkin, egg yolks, sugar, milk, salt and cinnamon. Cook until it starts to boil and thicken. Remove from heat and add plain gelatin which has been dissolved in a little bit of cold water. Let this mixture cool. Then beat 3 egg whites with 1/4 cup sugar until stiff and fold into the cooled pumpkin mixture. Pour this over the cooled cheese layer. Cover with sweetened whipped cream or Dream Whip (prepared). Sprinkle nuts on top if desired. Refrigerate several hours or overnight.

Barbara Tufford

# RHUBARB CRISP

1 c. flour	1 tsp. cinnamon
1 c. sugar	2 Tbsp. butter
1 tsp. baking powder	1 beaten egg

## RHUBARB CRISP (Continued)

1 qt. rhubarb	1/4 c. sugar
2 Tbsp. water	

Sift flour, sugar, baking powder and cinnamon; add egg and butter. Mix well. Cut rhubarb and spread in 8 x 8 x 2-inch Pyrex dish. Cover with flour mixture; sprinkle with sugar. Dribble water over all. Bake in 400° oven 35 minutes. Serves 6.

Jane Stephan

## RICE CHANTILLY

1 pkg. vanilla pudding	1/2 c. whipping cream,
1/3 c. precooked rice	whipped
2 c. milk	2 Tbsp. confectioners sugar
pinch salt	1/2 tsp. vanilla

Combine package of vanilla pudding mix with rice, a pinch of salt and milk. Cook as label for pudding directs and rice is done. Refrigerate with waxed paper covering top. Chill. Fold in whipped cream, confectioners sugar and vanilla. Refrigerate.

Evelyn Ledoux

## SNOW ICE CREAM

1 (14 oz.) can	1 tsp. vanilla
condensed milk	snow
1 (5 oz.) can evaporated milk	

Mix milks and vanilla. Gradually beat in snow until ice cream is of desired consistency. Serves 5.

Virginia Sawrie

## SOUTHERN COBBLER

1 stick margarine	1 c. sugar
1 c. self-rising flour	1 c. milk

Melt margarine in your baking pan (13 x 9 x 2 inches). Combine flour, sugar and milk. Beat until lumps are gone. Pour the batter in the pan of melted

(Continued on Page 122)

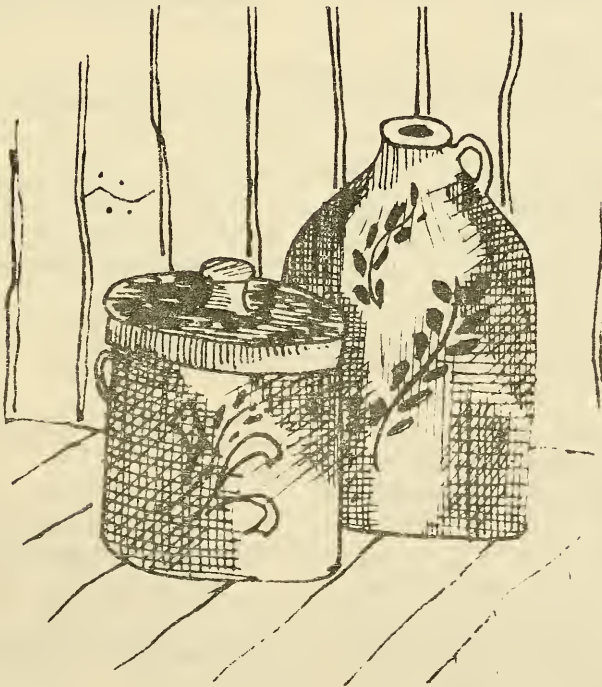
## SOUTHERN COBBLER (Continued)

butter or margarine. Sweeten berries (or any fruit) and pour over the dough. Bake until brown at 350° for 35 or 45 minutes.

Cora J. Johnson

\*\* EXTRA RECIPES \*\*

**Beverages,  
Sandwiches & Misc.**



# Helpful Cooking Hints

Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid - milk, broth, bouillon or wine - will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add  $\frac{1}{4}$  cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt that which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon jello dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jelled fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

A pair of scissors (not the fowl kind - they are heavy and awkward to handle) fine for slivering celery, onion, meats, and cheese.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground start off in cold water - potatoes - beets - carrots - etc. Anything that grows above ground, start off in boiling water - English peas - greens - beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tartar, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Learn where your fuse box and master cut-off switch is. If you know where the lever is to pull you can always cut the current off until a service man can come.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery and lobster black bean or onion with cauliflower - tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily when cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by adding a small amount of hot mixture to the beaten eggs slowly to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb it.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cookie dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours - wrap without worrying about them sticking together.



BANANA PUNCH

6 c. water	3 c. pineapple juice
3 1/4 c. sugar	(unsweetened)
2-4 bananas, pureed	4 Tbsp. lemon juice
2 c. frozen, concentrated,	straight orange juice

Mix all ingredients together and freeze until about 1 hour before serving. Let soften and add 2 (28-ounce) bottles of ginger ale and serve.

Joanne Blair  
Shea Crenshaw

COFFEE FRAPPE PUNCH

2/3 c. instant coffee	1 gal. vanilla ice cream
2/3 c. granulated sugar	1 (9 oz.) carton Cool Whip
1 gal. water	

Dissolve instant coffee and sugar in a small amount of the gallon of water that has been heated. Then cool mixture by adding the remaining water that has been chilled. Pour into punch bowl and add cut-up Winn Dixie brand vanilla ice cream in small chunks. Top with spoonfuls of Cool Whip. Serves 45 to 50 in 5-ounce cups.

Carolyn Shinn Thompson

FAVORITE PUNCH

1 qt. (32 oz.) boiling water	2 (6 oz.) cans frozen limeade concentrate
3 family-sized tea bags	2 c. cranberry juice cocktail
1 qt. cold water	2 (28 oz.) bottles ginger ale
2 (6 oz.) cans frozen lemonade concentrate	

Steep tea bags in boiling water for 5 minutes. Add cold water. Add lemonade and limeade, undiluted. Add cranberry juice cocktail and keep chilled until served in punch bowl. At last minute add ginger ale.

(Continued on Page 124)

## FAVORITE PUNCH (Continued)

A frozen ring may be made from the punch (without ginger ale) and floated in punch bowl.

Carolyn Shinn Thompson

## HOT CHOCOLATE DRINK MIX

- |                                          |                                     |
|------------------------------------------|-------------------------------------|
| 1 box powdered milk<br>(8-qt. box)       | 1 (6 oz.) jar coffee creamer        |
| 1 (1 lb.) box Nestle's<br>chocolate Quik | 1 c. powdered sugar<br>marshmallows |

Mix together first 4 ingredients. Use  $\frac{1}{3}$  cup mix per cup of hot water. Add marshmallows.

Marshmallows make a big difference.

Robin Johnson

## HOT SPICED TEA

- |                                                    |                              |
|----------------------------------------------------|------------------------------|
| 1 tsp. whole cloves                                | 3 qt. water                  |
| 1 (1-inch) stick<br>cinnamon                       | juice 3 oranges              |
| 2 $\frac{1}{2}$ Tbsp. black or<br>orange pekoe tea | juice 1 $\frac{1}{2}$ lemons |
|                                                    | 1 c. sugar                   |

Tie spices loosely in bag and bring to boil in water. Add tea, tied loosely in bag, or in large tea ball. Steep 5 minutes. Remove bags. Heat fruit juice and sugar; add to tea.

Myra Gilbert

## INSTANT RUSSIAN TEA

- |                              |                                  |
|------------------------------|----------------------------------|
| 2 c. orange Tang             | 1 tsp. ground cinnamon           |
| $\frac{1}{2}$ c. instant tea | $\frac{1}{2}$ tsp. ground cloves |
| 1 c. sugar                   | 1 small pkg. instant lemonade    |

Mix the above ingredients together and store in jar. Add 2 teaspoons mix to 1 cup boiling water for tea.

Myra Gilbert

## MULLED CIDER

2 qt. apple cider	14 whole allspice
1/2 c. sugar	12 small sticks cinnamon
1/4 tsp. salt	20 whole cloves

Mix together and let come to a boil; then simmer for 15 minutes. Let stand overnight or 12 hours. Strain and serve hot.

For added color at Christmas, serve in mugs topped with red hots candy.

Elizabeth Nelson

## ORANGE JULIUS

1 small can orange concentrate	1/3 c. sugar
1 small can water	1/4 tsp. vanilla
1 small can milk (juice can)	6-8 ice cubes

Place in blender. Mix slowly; then turn to high speed.

Very refreshing.

Ruth Shinn

## SPICY TEA

3/4 c. instant tea	1 1/2 c. sugar
2 c. orange-flavored instant breakfast drink	2 tsp. cinnamon
	1 tsp. cloves
	1/4 tsp. salt
1 (3 oz.) pkg. lemonade mix	

Combine all ingredients. Store in tightly sealed container. Makes about 4 1/3 cups mix.

To serve: Stir 2 heaping teaspoonfuls of mix into each cup of boiling water.

Ruth Wise

## DELICIOUS SANDWICH

6 slices bread, remove crusts	3/4 lb. grated sharp or Cheddar cheese
3/4 lb. chipped ham	6 slices bread, remove crusts
	(Continued on Page 126)

## DELICIOUS SANDWICH (Continued)

3 eggs	1/2 c. butter
2 1/4 c. milk	2 1/4 c. crushed corn flakes
1/2 tsp. dry mustard	

Using a 13 x 9 x 2-inch casserole, first layer 6 slices of bread, then the chipped ham, then the cheese, and then 6 slices of bread. Beat eggs; add milk and dry mustard. Mix well. Pour slowly over bread. Refrigerate overnight or well in advance.

Melt the butter. Mix with crushed corn flakes. Spread over top and bake 1 hour at 325°. Makes 6 to 8 servings.

Emily Hedrick

## SPIEDANO ROMANO BUNS

1/2 c. butter or margarine	1/4 c. prepared mustard
1 Tbsp. grated onion	1 Tbsp. poppy seed
	hamburger-sized buns

Spread 2/3 of mixture on each side of split buns. Put slice of Swiss cheese and slice of ham on bun. Then put remainder of mixture on top of buns and broil for 5 to 7 minutes until tops are golden brown and cheese soft.

Salami and Cheddar cheese may be used instead of Swiss cheese and ham.

Lucille Williams

## WELSH RABBIT WITH BACON AND TOMATO

1 1/2 Tbsp. butter (oleo)	1/2 tsp. salt
1 1/2 Tbsp. flour	1 Tbsp. prepared mustard
1 1/2 c. milk	1 tsp. Worcestershire sauce
1 c. grated sharp cheese (Kraft sharp Old English good)	1/8 tsp. paprika

Make a white sauce of butter, flour and milk. (Melt butter over low heat; blend in flour and then add milk all at once. Cook, stirring, until mixture thickens.) Add cheese to the sauce and stir over low heat until melted. Add seasonings. Serve hot over a thick slice

## WELSH RABBIT WITH BACON AND TOMATO (Continued)

of tomato on toast with several crisp bacon slices.  
Serves 4.

Bette Taber

### BREAD STICKS

2 c. self-rising flour	sesame seed
1/3 c. cooking oil	garlic salt
2/3 c. milk	

Regular biscuit recipe, so mix as for biscuits and roll out on floured board about 1/2 inch thick. Sprinkle with sesame seed and garlic salt. Then cut into strips and roll to desired diameter. (The smaller the stick, the crunchier it will be.) Bake in 375° oven until lightly browned.

Wonderful with soup and stew and almost better as "leftovers".

Helen M. Luce

### CONDENSED MILK

1 1/2 c. instant nonfat dry milk	1/2 c. water
2/3 c. sugar	3 Tbsp. melted butter or margarine

Add dry milk to water gradually, stirring until dissolved. (If not all dissolved, beat with rotary beater or electric mixer.) Mix in sugar and melted shortening. Put in covered container. Keep in refrigerator until ready to use.

Use in recipes calling for condensed milk.

Variation to try (from A. Gilbert): Use 1 cup milk and 1/3 cup boiling water and combine ingredients in blender. Yields about 1 1/4 cups.

Willene Smith

### PARSLEY SEASONED SALT

2 Tbsp. dried parsley	1/2 tsp. dried thyme
1/2 c. salt	1/2 tsp. dried marjoram

(Continued on Page 128)



## PARSLEY SEASONED SALT (Continued)

1/2 tsp. garlic salt	1/4 tsp. onion powder
2 1/2 tsp. paprika	1/2 tsp. celery salt
1/2 tsp. curry powder	1 tsp. m.s.g.
1 tsp. mustard powder	

Whirl parsley in blender until it is finely minced. Blend with all the other ingredients.

This is a wonderful idea for "little nothing" gifts at Christmas time. Empty spice jars may be saved or use inexpensive salt shakers.

Mildred Michael

## PEACH-PINEAPPLE CONSERVE

3 heaping c. diced peaches	1 (13 1/2 oz.) can crushed pineapple
1/2 heaping c. maraschino cherries, cut up	1/4 c. lemon juice 1 1/2 c. chopped nuts 7 1/2 c. granulated sugar 1 bottle Certo

Place peaches, cherries, pineapple, lemon juice and nuts in a large saucepan. Add sugar to fruit mixture and bring to a full rolling boil, stirring constantly. Cook 1 minute. Remove from heat and stir in Certo. Skim off the foam and stir for 10 minutes. Ladle into sterile jars and seal with paraffin.

Evelyn Ledoux

## SPICE BAGS

Orange-Anise Spice Bags: Spoon 1/2 teaspoon dried orange peel, 1/4 teaspoon anise seed and 2 whole allspice in center of each 5-inch square, double-thickness piece of cheesecloth. Tie securely with cotton string. Give bags as gifts, noting to steep each in one 5- or 6-ounce cup hot apple juice.

Cardamom-Cinnamon Spice Bags: Spoon 2 whole cardamom, cracked, and 1 large stick cinnamon, broken, in center of each 5-inch square, double-thickness piece of cheesecloth. Tie securely with a cotton string. Give

## SPICE BAGS (Continued)

bags as a gift, noting to steep each in one 5- or 6-ounce cup of hot cranberry juice.

These make nice Christmas gifts.

Virginia Sawrie

\*\* EXTRA RECIPES \*\*



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Beef Stick .....	1
Cheese Ball .....	1
Cheese Biscuits .....	1
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Crabmeat Canape .....	2
Dill Weed Dip .....	2
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Hot Chipped Beef Dip or Spread .....	3
Hot Dip for Raw Vegetables .....	4
Hot Pecan Dip .....	4
Icebox Cheese Wafers .....	4
Lula Paste .....	5
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## TERMS USED IN COOKING

**APPETIZER** — A small serving of food served before or as the first course of a meal.

**ASPIC** — A transparent jelly, usually meat, which has been boiled down to become firm when cold.

**BATTER** — A mixture of flour or liquid that can be beaten or stirred.

**BISQUE** — A rich thick cream soup made from fish.

**BLANCH** — To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.

**BOUILLABAISE** — A chowder made from several varieties of fish and wine.

**BOUILLON** — Clear soup made from lean beef.

**BRAISE** — To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.

**CARAMEL** — Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.

**CHICORY** — A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes called curly endive.

**CIDER** — The juice from pressed apples used as a beverage or to make vinegar.

**CLARIFY** — To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.

**COBBLER** — A fruit pie with a rich biscuit dough made in a deep-dish.

**COCKTAIL** — An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner or cut shellfish with tart sauce served at the start of a meal.

**CRACKLINGS** — Crisp particles left after fat has been fried out.

**CROQUETTES** — Chopped meat held together by eggs, shaped and dipped into crumbs then fried.

**DOUGH** — A mixture of flour, liquid that is stiff enough to be kneaded.

**DRIPPINGS** — Liquids resulting from meat being cooked.

**ENTREE** — A dish served between the chief courses, before the roast.

**FONDUE** — A dish made of cheese, eggs, etc.

**FRITTERS** — Vegetables or fish covered with butter then fried in deep fat.

**FROSTING** — A sugar that has been cooked and used to cover cakes, and other foods.

**GIBLETS** — The liver, gizzard or heart of poultry.

**HORS d'OEUVRES** — Tart, salty or crisp foods served as appetizers.

**INFUSION** — Liquid taken from tea, herbs or coffee.

**JULIENNE** — Food cut into very thin strips.

**MACEDOINE** — A mixture of fruits or vegetables.

**MARINATE** — To let foods stand in an acid mixture of oil and vinegar, then flavored with spices and herbs.

**MINCE** — To cut foods in very fine pieces.

### FOOD PROCESSES

**BAKE** — To cook by dry heat, usually in an oven.

**BARBECUE** — To roast or broil whole, as a hog, fowl, etc. Usually done on a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.

**BOIL** — To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.

**BOILING POINT** — The temperature reached when a mixture maintains a full bubbling motion on its surface.

**BREW** — To cook in hot liquid until flavor is extracted.

**BROIL** — To cook by exposing the food directly to the heat.

**BRAISE** — To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.

**CANDY** — To conserve or preserve by boiling with sugar. To incrust or coat with sugar.

**COAT SPOON** — When a mixture forms a thin even film on the spoon.

**CODDLE** — To cook slowly and gently in a liquid just below the boiling point.

**CREAM** — To work foods until soft and fluffy. Usually applied to shortening and sugar.

**CUBE** — To cut in even sliced pieces.

**CUT** — To divide foods with a knife or scissors.

**DICE** — To cut into small cubes.

**DISSOLVE** — To pass into solution.

**FOLD** — To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

# Your Daily Nutrients

FOOD	AVERAGE ADULT	AVERAGE CHILD
Meat or fish	1 or more servings of wide variety. Liver once a week.	Same as Adult
Milk	1 pint.	1 quart
Eggs	1 egg. Dried peas or beans may be substituted 3 times a week.	Same as Adult
Vegetables	1 leafy green or yellow and 1 other (serve one raw). 1 potato.	Same as Adult
Fruits	½ c. citrus or 1 c. tomato juice plus other fruits (raw, cooked or canned).	¾ c. citrus or 1 ½ c. tomato juice plus other fruits.
Breads and Cereals	3 servings whole grain or "enriched" bread or cereal.	Same as Adult
Butter or vitamin fortified	2 tablespoons	2-3 tablespoons







## A VITAMIN PRIMER

Vitamin	Use In Body	Best Sources
A	For normal vision	Leafy greens, yellow vegetables and fruits, eggs, liver and milk.
B1 (Thiamin)	For good appetite, good digestion and steady nerves.	"Enriched" and whole grain bread and cereal. Dried peas and beans, peanuts, pork and liver.
C (Ascorbic acid)	For healthy teeth, gums, bones and blood vessels.	Citrus fruits, tomato juice, leafy greens and potato.
G (Riboflavin)	For healthy skin and eyes.	Liver and kidney. Lean beef, leafy green, milk.







## Helpful Cooking Hints



# LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	BASIL	BAY LEAF	CHIVE	CURRY POWDER	DILL
When You Fix: ↓	Aromatic odor, warm sweet flavor used whole or ground	A pungent flavor. Available as whole leaf	Mild flavor of onion	Blend of spices in proper proportion	Aromatic odor with delicate caraway flavor
MEATS CASSEROLES	Beef stew Steak, Veal Lamb Venison	Meats, Stews, Sauerbraten		Curries of meat Veal Mildly hot casseroles	Veal Pork spareribs Lamb stew
POULTRY SEAFOOD	Chicken Duck Fish Seafood cocktails	Poached fish	Fish dishes	Chicken Fish Shrimp Chicken salad	Fish dishes  Chicken salad
PICKLES PRESERVES	Tomatoes Potatoes Peas Squash Herb butter	Pickled beets Relishes	Potato dishes Vegetable garnish	Various vegetables Pickled carrots Green bean sticks	Potatoes baked or boiled Tomatoes Beans Pickles Garnish
EGGS AND CHEESE	Cheeses Welsh rabbit and Egg dishes		Omelets and Egg dishes Cream and cottage cheese	Egg salad Egg dishes Cheese fillings Sour cream	Sour cream Cream and Cottage cheese Scrambled eggs
RICE NOODLES SPAGHETTI	Spanish rice Spaghetti dishes			Oriental touch to rice	Buttered noodles
SOUPS SALADS SAUCES	Bean Mock turtle Potato soups Tossed salads	Vegetable and Fish soups Tomato sauces and Gravies Marinades	Various Soups and Salads	Gravies Flavor teaser in soups Chili sauce Shrimp sauce	Fish and Vegetable salads Butter sauce Cream sauce
PIES BREADS CAKES				White bread dough	

# LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	Ginger	Marjoram	Oregano	Sage	Tarragon
When You Fix: ↓	Aromatic, pungent root with warm flavor-sold fresh, dried or ground	Aromatic odor, potent flavor	Strong aromatic odor, bitter taste, whole or ground	Pleasant aromatic odor and warm, bitter taste. Used fresh & dried	Aromatic leaves, with hot pungent flavor
Meats Casseroles	Pot roast Pork, Veal Beef Casseroles	Stuffing for all meats Ragouts, Stew Beef, Veal Pork Roasts Lamb Sausage	Pork, Veal and Lamb dishes Meat loaf Stews Chili	Stuffing for meat dishes Veal and Pork dishes Pork roast Sausage Hamburgers	Beef and Veal dishes
Poultry Seafood		Chicken and fish dishes Stuffed fish Fish chowder	Roast duck Fish chowder	Poultry	Fish and Chicken dishes Chicken cacciatore Lobster
Vegetables Pickles Preserves	Pickles Preserves Chutney Vegetable combos	Scalloped potatoes and tomatoes Dressing for broccoli cabbage spinach	Hash brown potatoes Dried beans Lentils	Vegetable loaves Beans Tomatoes	Potatoes Tomatoes Beets Spinach Pickles
Eggs And Cheese		Egg salad Egg dishes Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese Cheese combo dishes	Eggs Benedict Egg and Cheese dishes
Rice Spaghetti Noodles		Spaghetti sauce	Spaghetti with meat sauce Pizza		
Soups Salads Sauces	Soups Chicken broth Gravies Fruit salad Whipped cream	Soups Salad dressing Green vegetables salads	Vegetable and Fish salads	Salads	Tartar sauce Sweet-sour sauce Fish Sauces Green salads Aspics
Breads Pies Cakes	Cakes Soft cookies and crisp snaps Pie crust and filling				

Helpful Cooking Hints



## MEATS, POULTRY, AND SEAFOOD

Meats are a substantial part of all homemakers shopping bill. Every meal should be planned very carefully and the best possible cut of meat for your money should be selected. The following chart should help you in not only selecting the best cut of meat, recommended by the U.S.Department of Agriculture cutting chart, but also the proper amount of meat to serve.

### HOW MUCH TO BUY

MEAT		WEIGHT OR MEASURE	NO. OF SERVINGS
BEEF	Round Steak	1 pound	3 to 4
	Porterhouse Steak	1 pound	2
	Sirloin Steak	2 pounds	4
	Chuck Roast	2 pounds	4 to 6
	Rib Roast (bone in)	4 pounds	8
	Short Ribs	1 pound	1 to two
	Stew Meat	1 pound	4 to 5
	Hamburger	1 pound	4
POULTRY	Chicken		
	Fryers	2 ½ to 3 ½ pounds	3 to 5
	Broilers	1 to 2 ½ pounds	2 to 3
	Roasters	2 ¾ to 7 pounds	4 to 10
	Turkey	8 pounds	16
FISH	Steaks	1 pound	3
	Fillets	1 pound	4
	Whole Fish	1 pound	1
SHELLFISH	Lobster (tails)	1 pound	2
	Lobster (cooked meat)	1 pound	2
	Clams (shucked)	1 pint	3
	Shrimp (cooked)	1 pound	5 to 6
	Oysters (shucked)	1 pint	3
	Oysters (cooked)	1 pound	6
	Scallops	1 pound	6
VEAL	Cutlet	1 pound	3
	Chops	3 chops per pound	3 to 4
	Roast	2 pounds	6

# RETAIL AND WHOLESALE BEEF CHART

## Retail Cuts



Ground Beef Meat of Round Roast (Rohls), Brail, 0 — Braise or Panbroil, Pantry, Cook in Liquid Braise



Hind Shank

— Cook in Liquid (Soup) or Braise —



Roll'd Flank Flank Meat

Braise or Cook in Liquid



Flank Steak Flank Steak Fillets

Braise



Plate "Boiling" Beef Plate Ribs

Braise or Cook in Liquid



Brisket Corned Beef

Braise, Cook in Liquid - 0 - Cook in Liquid



Shank Knuckle Cross Cut Fore Shank

Cook in Liquid (Soup), Braise



English Cut



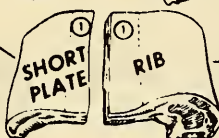
Arm Pot-Roast

Braise



Arm Steak

## Wholesale Cuts



Roll'd Neck



Boneless Neck

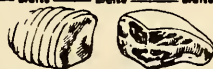
Braise or Cook in Liquid

## Retail Cuts



Round Steak Top Round Bottom Round (Swiss Steak)

Braise Braise Braise



Roll'd Rump Standing Rump

Braise or Roast



Sirloin Steak Pin Bone Sirloin Steak

Brail, Panbroil, Pantry



Porterhouse Steak T-Bone Steak Club Steak

Brail, Panbroil, Pantry



Standing Rib Roast Roll'd Rib Roast Rib Steak

Roast 0 - Brail, Panbroil, Pantry

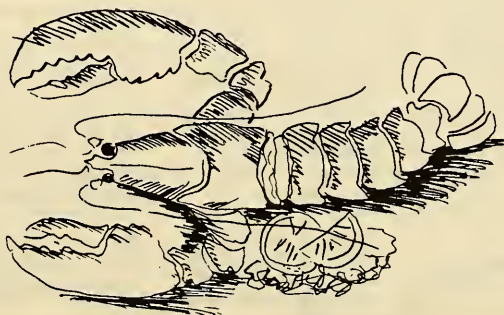


Blade Steak Blade Pot-Roast



Triangle Boneless Chuck Pot-Roast Boneless Chuck Pot-Roast Shoulder Fillet

Braise



## Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
<i>Asparagus</i>	Wash; gently scrub with vegetable brush. Break the stalks. They will snap where tender part starts.	Cook covered in small amount of boiling salted water. Cut up Whole spears	8-10 mins. 10-15 mins.
<i>Beans, green or wax</i>	Wash; remove ends and strings. Cut in 1-inch pieces, leave whole, or slit lengthwise.	Cook covered in small amount of boiling salted water.	20-30 mins.
<i>Navy Beans, dried</i>	Rinse. Soak overnight in 3 times as much water as beans; OR bring to boil, simmer several minutes and let stand 1 hour or more.	Cover and simmer in water used for soaking. Add salt.	1 ½ hours
<i>Beets</i>	Cut off all but 1 inch of stems and root; wash and scrub thoroughly. Do not pare.	Cook covered in boiling salted water. Peel when done.	35-60 mins.
<i>Broccoli</i>	Remove tough part of stalks and outer leaves. Split rest of stalk almost to flowerets; OR Cut in 1-inch pieces; <u>separate stalks from flowerets.</u>	Tie stalks in bundles using folded strips of foil. Cover, cook standing up in boiling, salted water. Cook pieces covered in boiling salted water to cover 5 to 8 mins.; add flowerets.	15-20 mins.
			10-15 min. Total
<i>Brussels Sprouts</i>	Wash thoroughly; cut off wilted leaves. If large Brussels sprouts, cut in half lengthwise.	Cook covered in small amount of boiling salted water.	10-15 mins.
<i>Cabbage, green</i>	Wash; remove wilted outer leaves. Cut in 6 to 8 wedges; OR shred.	Cook covered in small amount of boiling salted water.	10-12 mins. Wedges
<i>Carrots</i>	Wash, scrape or pare. Slice, cut up in quarters or strips, or leave whole.	Cook covered in small amount of boiling salted water or in consomme.	20-25 mins. Whole
<i>Cauliflower</i>	Remove leaves and some of the woody stem. Leave whole or separate into flowerets.	Cook covered in small amount of boiling salted water.	20-25 mins. Whole 15-20 mins. Flowerets

### Helpful Cooking Hints



# Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
<i>Celery</i>	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.
<i>Corn</i>	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
<i>Eggplant</i>	Wash. If skin is tough, pare. Cut in ½-inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.
<i>Mushrooms</i>	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
<i>Okra</i>	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
<i>Parsnips</i>	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
<i>Peas, Green</i>	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.
<i>Spinach</i>	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
<i>Zucchini</i>	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total
<i>Tomatoes</i>	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.

**Helpful Cooking Hints**

# Calorie Counter

## CANDIES, SNACKS AND NUTS

Calories

Almonds (salted)	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100

## DAIRY PRODUCTS

American Cheese	1 cube, 1 1/8 inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

## DESSERTS

### Cakes:

Angel Food Cake	2" piece	110
Cheese Cake	2" piece	200
Chocolate Cake, iced	2" piece	445
Fruit Cake	2" piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2" piece	120
Shortcake with fruit	1 ave. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145

### Pudding:

Bread Pudding	½ cup	150
Flavored Puddings	½ cup	140

## BEVERAGES AND JUICES

Beer	1 bottle, 12 oz.	185
Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Cocoa (milk & water)	8 ounces	140
Coffee (black/unsw.)		0



# Calorie Counter

## BREADS AND FLOUR FOODS

Calories

Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Corn Bread	1 small square	130
Dumplings	1	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

## BREAKFAST CEREALS

Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	$\frac{3}{4}$ cup	110

### Pies:

Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280
Pumpkin	1 piece	265
Rhubarb	1 piece	265

### Ice Cream:

Chocolate Ice Cream	$\frac{1}{2}$ cup	200
Vanilla Ice Cream	$\frac{1}{2}$ cup	150

### Miscellaneous:

Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	$\frac{1}{2}$ cup	78

## FISH AND FOWL:

Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces steak	207

# Calorie Counter

Calories

## FRUITS

Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/-unsweetened)	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsw.)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60

## MEATS

Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (ave. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (boiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3 ½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3 ½ ounces	340
Pot Roast (round)	3 ½ ounces	200
Rib Roast	3 ½ ounces	260
Rump Roast	3 ½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3 ½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230

## SALADS AND DRESSINGS

Apple and Carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnaise	1 Tbsp.	125
Chef Salad/French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dress.)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110

Helpful Cooking Hints

# Quantity Cooking

Food	25 Servings	100 Servings
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## Meat, Poultry or Fish

Beef and veal (roasted)	10 lbs.	40 lbs.
Fish, large whole	13 lbs	50 lbs.
Fish, fillets or steaks	7 ½ lbs.	30 lbs.
Ham (roasted)	10 lbs	30 lbs.
Hamburger	9 lbs	35 lbs.
Meat Loaf	5 lbs	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.

## Sandwiches

Bread	50 slices	200 slices
Butter	½ lb	1 ½ lbs.
Mayonnaise	1 cup.	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 ½ qts.	5 to 6 qts.
Lettuce	1 ½ heads	5 to 6 heads

## Salads, Casseroles

Potato Salad	4 ¼ qts.	4½ gals.
Scalloped Potatoes	4 ½ qts.	17 qts.
Spaghetti	1 ¼ gals.	5 gal.
Baked Beans	¾ gals.	2 ½ gals.
Jello Salad	2 qts.	2½ gals.
Lettuce (large heads)	4 heads	12 heads

## Vegetables

Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 40-oz. pkgs.	10 40-oz pkgs
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs.

## FOOD QUANTITIES FOR ONE WEEK

Kinds of Foods	Women	Men
Citrus fruits, tomatoes	2½ pounds	2½ - 3 pounds
Dark-green vegetables	¾ pound	¾ pound
Dry beans, peas and nuts	2 ounces	2 - 4 ounces
Eggs	6 eggs	7 eggs
Fats, oils	½ pound	¾ - 1 pound
Grain products -		
Cereal, flour, whole grain	2 2½ pounds	3-4 pounds
Meat, fish and poultry	4 4½ pounds	5-5½ pounds
Milk, and milk equivalents	3½ quarts	3½ quarts
Vegetables and fruits	4-6 pounds	5 - 7 pounds
Potatoes	1-1½ pounds	2 - 3 pounds
Sugars and sweets	½-1 pound	1 - 1½ pounds

## SUBSTITUTIONS FOR INGREDIENTS

1 tablespoon cornstarch (for thickening) .... 2 tablespoons flour  
 1 cup sifted cake flour .... 1 cup minus 2 tablespoons sifted all-purpose flour.

1 cup sour milk .... 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred.

1 square chocolate (1 ounce) .... 3 or 4 tablespoons cocoa plus 1 / 2 tablespoon fat.

1 cup sifted all-purpose flour .... 1 cup plus 2 tablespoons sifted cake flour.

1 cup sweet milk .... 1 cup sour milk or buttermilk plus 1 / 2 teaspoon baking soda.

1 cup cream, sour, thin .... 3 tablespoons butter and 3 / 4 cup milk in sour milk recipe.

1 whole egg .... 2 egg yolks for custards.

1 cup molasses .... 1 cup honey.

1 package active dry yeast .... 1 cake compressed yeast.

1 tablespoon instant minced onion, dehydrated .... 1 small fresh onion.

1 tablespoon prepared mustard .... 1 teaspoon dry mustard.



## 1983

[illegible]

MARCH							SEPTEMBER						
1	2	3	4	5	6	7	1	2	3	4	5		
8	9	10	11	12	13	14	6	7	8	9	10	11	12
15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25	26	27	28	20	21	22	23	24	25	26
29	30	31					27	28	29	30			

<b>OCTOBER</b>	1	2	3								
	4	5	6	7	8	9	10	11	12	13	14
	15	16	17	18	19	20	21	22	23	24	25
	26	27	28	29	30	31					

[illegible]

JUNE							DECEMBER									
1	2	3	4	5	6					1	2	3	4	5		
7	8	9	10	11	12	13				6	7	8	9	10	11	12
14	15	16	17	18	19	20				13	14	15	16	17	18	19
21	22	23	24	25	26	27				20	21	22	23	24	25	26
28	29	30								27	28	29	30	31		

JANUARY		JULY	
1	2		
3	4	4	5
5	6	7	8
7	8	9	10
9	10	11	12
11	12	13	14
13	14	15	16
15	16	17	18
17	18	19	20
19	20	21	22
21	22	23	24
23	24	25	26
25	26	27	28
27	28	29	30
29	30	31	
31			

FEBRUARY		AUGUST	
1	2	1	2
3	4	3	4
5	6	5	6
7	8	7	8
9	10	9	10
11	12	11	12
13	14	13	14
15	16	15	16
17	18	17	18
19	20	19	20
21	22	21	22
23	24	23	24
25	26	25	26
27	28	27	28
29	30	29	30
31		31	

MARCH				SEPTEMBER			
	1	2	3		1	2	3
	4	5	6		4	5	6
7	8	9	10	5	6	7	8
11	12	13	14	9	10	11	12
15	16	17	18	13	14	15	16
19	20	21	22	17	18	19	20
23	24	25	26	21	22	23	24
27	28	29	30	25	26	27	28
	31			29	30		

APRIL		OCTOBER	
1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28
29	30	31	

MAY		1		NOVEMBER	
2	3	4	5	6	7
8	9	10	11	12	13
14	15	16	17	18	19
20	21	22	23	24	25
26	27	28	29	30	31

JUNE				DECEMBER			
1	2	3	4	5	1	2	3
6	7	8	9	10	11	12	13
13	14	15	16	17	18	19	20
20	21	22	23	24	25	26	27
27	28	29	30		28	29	30
					31		

[illegible]

MARCH				SEPTEMBER			
1	2	3	4	5	1	2	3
6	7	8	9	10	11	12	13
13	14	15	16	17	18	19	20
20	21	22	23	24	25	26	27
27	28	29	30	31	25	26	27
					28	29	30

APRIL		OCTOBER	
1	2	1	2
3	4	2	3
5	6	9	10
7	8	11	12
13	14	15	16
15	16	17	18
17	18	19	20
19	20	21	22
21	22	23	24
22	23	25	26
28	29	27	28
30	31	29	30
		31	

MAY		JUNE		JULY		AUGUST		SEPTEMBER		OCTOBER		NOVEMBER		DECEMBER	
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

[illegible]





## **Appetizers, Relishes & Pickles**



## **Soups, Salads Sauces**



## **Main Dishes (Casseroles)**



## **Meats, Poultry & Seafood**



## **Vegetables**



## **Breads, Rolls, Pies & Pastry**



## **Low-Calorie Dishes**



## **Cakes, Cookies, & Confections**



## **Desserts**



## **Beverages, Sandwiches & Misc.**



## **Cooking Hints**

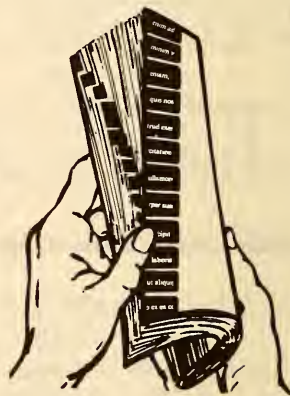
*We Have The Recipe For*



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Here's How To Use  
Your Thumb Index:  
Place thumb on  
black tab of the  
item you want to  
find. Flip through  
until  
a black tab appears  
under your thumb.



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